

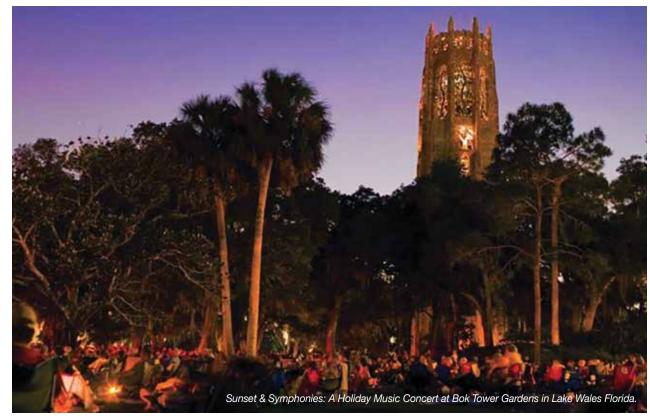
#### For updated news, events and more, visit www.TheParkPress.com

# **Fill Your Holidays** With Music From The Orlando Philharmonic Orchestra

The Orlando Philharmonic Orchestra provides live music throughout the Central Florida community this holiday season. The Philharmonic and Bok Tower Gardens present Sunset & Symphonies: a Holiday Music Concert in the gardens at beautiful Lake Wales on Saturday, December 7 at 6 p.m. This event features festive sounds of the season with Steamin' Quartet at 4 p.m. and the full orchestra and Singing Tower Carillon at 6 p.m. Tickets are on sale now starting at \$30 for adults, \$10 per child.

The City of Winter Park and the Orlando Philharmonic Orchestra invite you to celebrate the spirit of the holiday season at their annual Holiday Pops concert, Sounds of the Season on Sunday, December 8, at 5 p.m., in Winter Park's Central Park. This free, public concert is made possible by the Charlotte Julia Hollander Trust. Bring a blanket and pack a picnic for a musical program that has become a family tradition in Central Florida.

The Philharmonic presents its Symphony Storytime Series featuring 'Twas the Night Before Christmas on December 7 at 10 & 11:30 a.m. and December 8 at 2 & 3:30 p.m. A classic holiday tale featuring one of the most iconic poems of all time, this features musicians from the brass and percussion family. Join us in the lobby of The Plaza



Tickets are on sale now for \$10. Children age 2 and under are free.

The City of Apopka is proud to host the Orlando Philharmonic Orchestra in a Celebration of the Holidays, Holiday Pops on Saturday, December 14 at 6 p.m. at the Apopka Amphitheater. This concert features Candace Neal and Brandon Martin as vocalists and is conducted by Mauricio Céspedes Rivero. Gates will open at 4 p.m. with select food and beverage vendors and the concert will begin at 5 p.m. Parking is free. Tickets start at \$15.

The Orchestra is supported by United Arts of Central Florida, host of OrlandoAtPlay.com and subject to change.)

Live after the performance for fun family activities. UAArtsEd.com. This project is funded in part by Orange County Government through the Arts & Cultural Affairs Program, and sponsored in part by the Department of State, Division of Cultural Affairs, the Florida Council on Arts and Culture and the State of Florida. The Symphony Storytime Series sponsor is Orlando Health & Arnold Palmer Hospital for Children.

> Tickets can be purchased online at orlandophil. org, by calling 407-770-0071, or in person at the Box Office, located at The Plaza Live (425 N. Bumby Avenue, Orlando). The box office is open Monday through Friday, 10 a.m. to 4 p.m. (Ticket prices



#### INSIDE THE PARK PRESS

News1	In The Garden11
Publisher's Message2	Arts & Entertainment12
City Commissioner's Message 3	Health13
Winter Park Mayor's Message 4	Schools14
Business10	Calendar15

**DERMIT NO 4595** MEST PALM BCH FL **DAID US POSTAGE** PRSRT STD

# **The Park Press**

PUBLISHER RICK CABLE rick@theparkpress.com

**ART DIRECTOR** JILL SHARGAA

ADVERTISING SALES advertising@theparkpress.com 407-644-6760

#### **EDITORIAL CONTRIBUTIONS AND WRITERS**

Janna McGowan, Robert Stuart, George McGowan, Stephen and Kristin Pategas, Ayesha G. Shenk, M.A., Steve Leary, MPO James Whitman, Ron Frechette, Paul Gicola

The Park Press, LLC, Winter Park, Florida Office: 407-644-6760 E-mail: info@TheParkPress.com

VISIT US ON THE WEB www.TheParkPress.com

#### **QUESTIONS OR COMMENTS?**

We want to hear from you! Send your submissions to The Park Press via e-mail at editor@TheParkPress.com. All submissions to The Park Press become the property of this publication and will not be returned; they may be edited and published or otherwise used in any medium.

#### RECEIVE YOUR COPY OF The Park Press EACH MONTH BY MAIL

The Park Press is free at various retail locations each month throughout the community. If you're not currently receiving our publication by mail, but would like to, please email your name and address to subscriptions@ theparkpress.com. The 12 month subscription cost is \$15. For more information please call, or email our staff today. Please allow 4-6 weeks for your first mailed issue to arrive.

THE PARK PRESS IS PUBLISHED MONTHLY. ALL CONTENTS, LOGOS, AND ARTICLES ARE COPYRIGHTED MATERIALS AND ALL RIGHTS ARE RESERVED. ANY REPRODUCTION IN WHOLE OR IN PART WITHOUT PRIOR WRITTEN PERMISSION OF THE PARK PRESS IS STRICTLY PROHIBITED. THE PARK PRESS RESERVES THE RIGHT TO REFUSE ANY ADVERTISING MATERIAL FOR ANY REASON DEEMED INAPPROPRIATE BY THE PUBLISHER. ©2019 THE PARK PRESS, LLC

Welcome

ome

## **Publisher's Message**



With the recent release of the movie "A Beautiful Day in the Neighborhood," I've been reflecting a lot on what Fred McFeely Rogers meant to me in my life. I was a regular viewer of "Mister Rogers' Neighborhood" for at least three (around the ages of three to six) of the



most important developmental years of my life. Television programs for children of my generation were scarce, and our nation was dealing with some very dark times, so the news was always mustsee TV in most households. Bobby Kennedy was assassinated when I was three. The Vietnam war was always a big topic. Protests against the war were shown quite often, and words like military draft, Watergate, impeachment, and president resigns were in common use daily. Upon entering kindergarten, we started participating in this thing called a bomb drill. An alarm would ring, and we'd go out in the hall and sit down with our arms over our heads and between our knees. It was the times of the childhood of my generation. And while my parents, like most parents, tried to keep the children from being stressed and worried about what was going on in the world, the kids were without answers. That's where the simplistic genius of Fred Rogers and his television show found its calling. Mister Rogers used his talents to address real issues of our lives to children with a slow, gentle, and kind delivery. He'd use puppets to address the tough questions and concerns that

Mr. Rogers testifies before Congress in defense of funding for the Corporation for Public Broadcasting, May 1, 1969.

he felt children had, given our times. He addressed our range of feelings and that it was ok to feel a certain way, happy or sad, and then he shared how to deal with those feelings. He said he was proud me, and even sang it, and he hoped that I was proud of me too. I believe every one of his regular viewers felt that connection. And perhaps the most powerful message for me was him saying, "You are a very special person. There is only one like you in the whole world. There's never been anyone exactly like you before, and there will never be again. And people can like you exactly as you are."

I'm proud to say I'm a Mister Rogers kid. His legacy lives on with so many who enjoyed his show during such an impressionable time in our childhood. I hope that this movie introduces the great life work of this 1951 Rollins College graduate to the youth of today. Oh, and if you've never Googled "Fred Rogers testifies before the Senate," do it. It's brilliant, and there will never be another Fred McFeely Rogers.

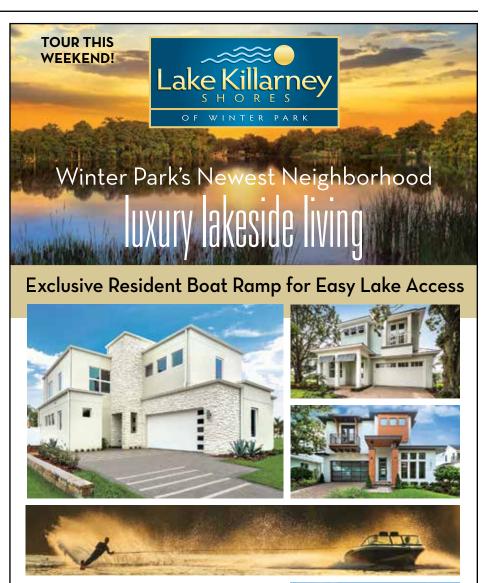
As always, thank you for reading *The Park Press*, and we look forward to the great things to come!

*Rick* Rick Cable Founder/Owner

OUR PUBLICATION IS MADE POSSIBLE IN OUR COMMUNITY BECAUSE OF THE SUPPORT OF OUR ADVERTISERS.

WE THANK THEM FOR SUPPORTING US AND ASK THAT YOU PLEASE KINDLY GIVE THEIR PRODUCTS OR SERVICES CONSIDERATION FOR YOUR BUSINESS.

Like us on Facebook





Contact us to get pre-qualified today. 2699 Lee Rd. Suite 480 Winter Park, FL 407.644.0870 Waterstone-FL.com

Subject to credit approval and program guidelines. Waterstone Mortgage Corporation (NMLS #186434) is a wholly owned subsidiary of Waterstone Bank SSB (NASDAQ: WSBF). ROWL HOUSING State of Florida Licensee Exempt LENDER

WP-218-33114

MORTGAGE

Waterstone

- A remarkable collection of 30 custom homes
- Exquisite blend of classic and contemporary designs
- Spacious & appealing, open-flow floor plans
- Florida-lifestyle outdoor living areas
- Quiet neighborhood living in the midst of urban vitality

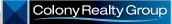
#### 321.203.4740 | LakeKillarneyShores.com

Country Club Drive | Winter Park, Florida 32789



John Lazenby 407.616.4663 Carol Lazenby 321.662.4663

EXCLUSIVELY OFFERED BY



## **City Commissioner's Message**

Commissioner Robert F. Stuart, City of Orlando District 3



I love the holidays in Orlando. There are so many ways to spend time with family and friends. If you haven't been downtown recently, December is a great month to visit one of our City jewels, Lake Eola, for many great events.

Robert F. Stuart

Enjoy the Eola Wonderland Christmas Tree Show Decem-

ber 6th through the 22nd at 5:45 p.m.; 6:45 p.m.; 7:45 p.m.; 8:45 p.m. and 9:45 p.m. The Eola Wonderland 72-foot Christmas tree will come alive with a synchronized light and music show while the Lake Eola fountain displays red, green and gold lights. Santa Claus will also be at the Eola House taking visitors on Fridays and Saturdays from 4:30 – 9 p.m. and on Sundays from 5-8 p.m.

Also at Lake Eola, enjoy holiday-themed movies, on Friday, December 13th; Friday, December 20th; and Saturday, December 27th. Also at Lake Eola, enjoy the annual Violetric Holiday Show at 7 p.m. on Saturday, December 14th; and "The Nutcracker" performed by the Russian Ballet Orlando on Saturday, December 21st at 7 p.m. at Lake Eola's Walt Disney Amphitheater.

In College Park, enjoy the annual Holiday on the Drive event taking place this year on Thursday, December 12th at 5 p.m. This event is the College Park Main Street's gift to the community and is free and open to the public. This year activities include a snow slide, rock climbing wall, train and horse drawn wagon rides, arts and crafts. Santa will be hanging out in the Albert Park gazebo and the local shops and restaurants along Edgewater Drive will be set up on the street along with over artisans for

local eating and shopping.

On Saturday, December 14th, enjoy the Winter Spark in Baldwin Park festival and parade in the Village Center near Harbor Park. The festivities begin at 4 p.m. with performances and photos with Santa with the event culminating with the parade starting at 7 p.m.



The Lake Eola Wonderland Christmas Tree Show is December 6 - 22 starting at 5:45 p.m. The park will have a synchronized light and music show with Santa Claus. Photo: Shutterstock

For our sports aficionados, join us after the holidays at Camping World Stadium for the Camping World Bowl on December 28th at noon, which pits the ACC vs. the Big 12; and the VRBO Citrus Bowl game on New Year's Day at 1 p.m. The seventh-oldest bowl game in the country, the Citrus Bowl was first played in 1947. Originally called the Tangerine Bowl, the initial game sponsors, members of Elks Lodge #1079 of Orlando, each put up \$100 to fund initial expenses. The game moved to the New Year's Day date in 1987 and since 1993 has hosted a matchup between the SEC and the Big Ten.

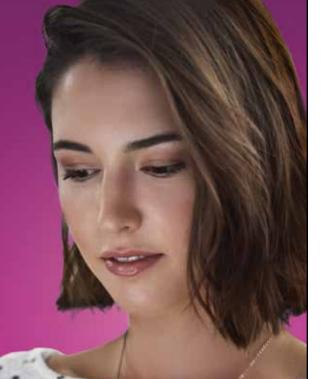
Lastly, while this is a special time of year, it is also a time when many of us are very busy and can forget to focus on easy crime prevention techniques, whether at home, in our car, or shopping for that perfect holiday gift. When shopping, avoid overloading yourself with packages and secure all bags and items in the trunk or other concealed area so they are not visible in your vehicle. If you are going out of town, ask a neighbor to pick up your mail and/or newspaper and leave a light or two on inside and outside your home so that the house looks occupied. And when putting your trash curbside after the holidays, break down any boxes from high-end items so as not to advertise what type of property is in your home.

Our OPD North Patrol officers have also made me aware that many of our District 3 residents have a tendency to leave their cars unlocked. While I certainly understand the belief that you shouldn't have to lock your cars, it is unfortunately the world in which we currently live. There is evidence that the bad guys go back to areas where they know there are a lot of cars in a small vicinity where they can make a quick grab. Please help us make it harder on criminals by locking your vehicles and securing your valuables especially when you have extra items at holiday time.

As we are poised to ring in the New Year and a new decade, let me express my personal thanks for your support of our District 3 staff, our city professionals, and our local neighborhood and homeowner groups. Merry Christmas and best wishes to you and your family for a prosperous 2020.

# CHOOSE YOUR ER TIME. ONLINE.

Wait from the comfort of your own home.\* With 11 conveniently located ERs in Central Florida, you're never far from highly specialized emergency care. Choose expert care that's close when it counts. CHOOSE Orlando Health.





#### OrlandoHealth.com/ER

\*For minor emergencies that are not life- or limb-threatening.

#### ORLANDO HEALTH<sup>®</sup> Orlando Regional Medical Center

# Winter Park Mayor's Message

4



Looking back at 2019 and as we prepare to ring in 2020, I am extremely grateful for the opportunity to serve as the 54th mayor of the City of Winter Park. We live in the midst of a wonderful region and have worked to increase and improve the assets of our

Steve Leary

hometown such as greenspace/parks/recreational areas, utilities, traffic, roadway improvements, advisory boards, etc. Thank you to residents, business partners, city staff and fellow commission members for your participation. At time of writing, below are a few of our highlights from 2019:

Enhanced the connectivity and development of the 55+ acre **Howell Branch Preserve** project by:

- Approving of the purchase of an additional 0.83 acre lot on Temple Trail
- Executing the grant agreement between the Florida Department of Environmental Protection ensuring the city's reimbursement for the purchase and the proposed improvements

Continued improvements to the Winter Park Golf Course WP9:

- Added more brick pavers and parking spaces to the lot.
- Celebrated the opening of the Charles H. Morse Park Moonlight Garden adjacent to the course. The garden's walkway runs all the way from the park entrance at Interlachen Avenue to historic Casa Feliz at the west end of the parking area.
- Increased the size of "The Back 9" putting course.

**Renovated Azalea Lane Playground** with a new shady pavilion, fresh landscaping, and improved climbing structures.

**Installed a new geothermal pump** to the Cady Way Pool, making swimming comfortable yearround regardless of the temperature outdoors.

Began the undergrounding of the overhead transmission and distribution lines along the southern side of **Fairbanks Avenue** between Harper Street and Interstate 4 to improve reliability and aesthetics of this gateway into Winter Park.

Reached electric utility goal by **undergrounding a total of 5.2 miles** of overhead lines throughout the city. This included the removal of the large power poles along North Lakemont Avenue.

Completed the **Denning Drive** Multi-Use project which received the 2019 Florida Redevelopment Association's Transportation Transit Enhancement Award. This project resulted in the transformation of Denning Drive from a four-lane road into an improved corridor offering a 10-footwide multi-use trail from Orange to Webster avenues enhancing the pedestrian and bicycle experience. The two-year long project was completed in three phases and included road milling, concrete median installation, asphalt paving, new irrigation, trees and landscaping, and installation of new decorative lighting.

Completed the **repaving and milling of Webster Avenue**, successfully enhancing this roadway's connection to the Denning Drive improvements.

Established the following task force and committees with very specific tasks and goals:

- Charter Review Advisory Committee to re view and recommend changes to the city's charter, which is reviewed every 10 years. Recommendations were made and approved by the Commission in October. Proposed charter amendments will be included in the 2020 election ballot.
- Old Library Site Reuse Task Force to evaluate the reuse of the library site located at 460 E. New England Ave. Recommendations were presented to the Commission in November.
- Orange Avenue Overlay Steering Committee to evaluate the potential creation of an Orange Avenue Overlay District and associated changes to the Land

Development Code and Comprehensive Plan. Recommendations are expected to be presented in January 2020.

Expected to complete Florida Department of Transportation construction to all railroad crossings in Winter Park making **all crossings Quiet Zone compliant**. Unless an emergency or danger is seen on the tracks, train engineers can use their discretion and are no longer required to sound train horns when passing through our city.

Installed **new bollard bases** on New England Avenue between New York and West Park avenues to allow for the use of bollards rather than barricades to close the road to vehicular traffic. These bollards are part of a safety pilot project and are used during the Saturday Farmers' Market as well as for other special events in this segment of New England Avenue.

Approved a **resolution** to begin the formal process of trying to **acquire the United States Post Office property** on New York Avenue.

Designated homes on Kilshore Lane and Howard Drive as **new historic resources** on the Winter Park Register of Historic Places.

Installed **new lake buoys** within the framework of state code bringing visual awareness of canal mouths, public docks and points that may create blind corners for boats on plane.

Celebrated the **Winter Park Farmers' Market's 40th** Anniversary. What began as a small market in 1979 with only eight vendors, has grown into an award-winning, thriving market with over 85 vendors that approximately 2,500 patrons enjoy every Saturday from 7 a.m. to 1 p.m.

Launched a **Green Business Recognition Program** for companies that have adopted sustainable best practices. The program helps businesses become greener by providing a checklist to determine their recognition level, resources to help reach longer-term goals, and support of a peer network.

**Survived the 2019 hurricane season** with minimal damage and outages from Hurricane Dorian's unwelcomed visit. During Dorian, the city:

• Launched the first use of the newly developed online outage map system allowing customers to keep track of the areas of town experiencing an outage.

• As part of the city's established communication tools, the newly developed Emergency Information Facebook page was used as the primary account to communicate hurricane-related information. Followers to that page increased by approximately 292% during this year's hurricane season.

Continued on page 7



#### **Calling All Elves!**

The Winter Park Police Department is constantly recruiting! We are

If you are interested in making a donation, or perhaps getting your

always searching for qualified people to fill positions as officers, emergency communication operators, and valued community partners. Valued Community Partners? You may be asking, "What is a Valued Community Partner, " and how can you become one? As you may know, the Winter Park Police Department is very involved with our community through participation in everything from community clean ups to stocking food banks for those who are food insecure.

Throughout the year, we rely on the generosity of the citizens of our city to accomplish these tasks. St. John Lutheran Church, First Baptist Church of Winter Park and numerous businesses are kind enough to step in and help those who are less fortunate. Now that the holidays are here, we are once again looking to recruit some valued community partners to assist us in our "Helping Others Holiday Drive." This campaign is centered on collecting non-perishable foods, toiletries, and toys to be distributed to individuals and families in our community so that they may be able to have at least one day that they don't have to wonder how they are going to be able to eat or perhaps provide a toy for their child during the holidays.

office or business involved, items can be dropped off at the Winter Park Police Department located at 500 N. Virginia Ave in Winter Park. If you have a large amount or large items, you may contact us at 407-599-3301, 407-599-3507, or 407-599-3248 and we will gladly make arrangements to come and pick those items up. For a list of ideas to donate, please check out our Facebook page or our website (wppd.org). The Holiday Drive will continue until December 15th at which time the items will be sorted and then distributed.

One last thing before you strap on your pointy elf ears. Once again the Winter Park Police Department will make available our Cardboard Crime Container. This is a large dumpster that will be placed on Swoope Ave at the corner of Virginia Ave (just outside the back gate of the Public Safety Building). If you receive any large or "big ticket" items, do not dispose of the boxes at your curb. This is just an advertisement to potential burglars that there is something they may want inside of your home. Instead, stop by and place the folded boxes in our container. The container will arrive during the week of December 16th. On behalf of the entire Winter Park Police Department, we hope everyone has a joyous and safe holiday season!

# feel relief before the sleigh touches down #1 ER in Central Florida

The tree is trimmed, the menu is set, you've wrapped the last gift and you're suddenly overcome with pain. You need medical attention fast. Fortunately, we've got an ER nearby with the life-saving expertise you trust. We're home to board-certified emergency physicians, critical care nurses, and stroke and heart-attack experts standing by, 24 hours a day. So, by the time the kids are dreaming of sugar plums and all snug in their beds, you'll feel relieved, feel better, feel whole.

AdventHealthCentralFloridaER.com

# Advent Health

## **Gift Will Allow Freedom Ride To Expand**



AdventHealth is gifting \$350,000 to Freedom Ride. These funds will allow the nonprofit to provide equine therapy to an additional 400 people and construct a riding arena.

Freedom Ride provides therapeutic equine riding to adults and children with a variety of conditions including autism, Down syndrome, cerebral palsy, brain injuries, PTSD and other mental health issues.

"We are committed to a health care philosophy that focuses on the whole person – body, mind and spirit. All three elements are instrumental in healing the individual and the greater community," said Daryl Tol, president and CEO of AdventHealth's Central Florida division. "Freedom Ride brings a unique approach to health care and we are pleased to help them expand their program. Mental health services are significantly lacking in Central Florida, and collaborations such as this are going to be instrumental as we look to improving the health of the community."

Freedom Ride started in 1998 with a focus on helping a child heal with the help of a special horse through equine therapy. The Orange County-based organization also provides scholarships to ensure no one is ever turned away due to an inability to pay. "Freedom Ride is thrilled to have AdventHealth 'Join the Ride' as we grow and expand our services for individuals living with disabilities and mental health issues," said Pat Michaels, president of Freedom Ride's board of directors. "Freedom Ride and AdventHealth are looking forward to growing their partnership as we construct the new AdventHealth Therapeutic Riding Arena at Bay Lake."

Freedom Ride's programs reach over 900 children and adults a year, including 600 veterans who are struggling with PTSD after returning from overseas. More information about Freedom Ride can be found at freedomride.com.

Assisted Living Facility #13128 占 🚊



# Independent Living · Assisted Living · Memory Care

# Call one of our senior living advisors to learn more!

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

# **AdventHealth Winter Park Debuts Rehabilitation Center**

From its specialty kitchens designed to help patients re-learn daily activities, to the overhead walking tracks, AdventHealth Winter Park opened its new inpatient rehabilitation unit in the Nicholson Pavilion on Tuesday. Sprawling across two floors of the new pavilion, the rehabilitation center brings AdventHealth Central Florida's inpatient rehab services to a single location.

"AdventHealth Winter Park was founded more than 60 years ago with the goal of creating a world-class hospital to serve the community's health needs close to home," said Jennifer Wandersleben, CEO of AdventHealth Winter Park. "The addition of the inpatient rehab unit to the Nicholson Pavilion allows us to provide stateof-the-art rehabilitation technology and care to patients who are recovering from traumatic and often life-altering injuries."

The fourth floor, coined the Body Restoring Center, provides specialty rehabilitative care for patients who suffered a spinal cord injury or those with a complex orthopedic diagnosis, medical complexities, or general neurological deficits. The fifth floor, called the Mind Restoring Center, offers specialty rehabilitation services for people recovering from a stroke or brain injury. The rehabilitation facility adds 60 private patient rooms across two floors. The Nicholson Pavilion now features 140 private patient rooms.

The expansion was generously supported by philanthropists Tony and Sonja Nicholson. The donation represents the largest investment in AdventHealth Winter Park's history, and marks one of the largest single investments in Winter Park's history.

# **Sponsor A Special Puppy**

Every guide and service dog begins life as an adorable puppy. Now, for a small amount—as little as \$19 per dog, per month—an individual can sponsor a puppy and follow their exciting two-year journey as they grow up to transform the life of someone who needs them. After 24 months of training, a puppy may graduate as

From Page 4.
--------------

In summary, 2019 was filled with numerous improvements and enhancements to the city's assets and infrastructure, all of which contribute to your high quality of life. These and our approved fiscal year budget set the stage for more exciting projects planned for 2020. I wish you and your families a safe and happy upcoming holiday season.

Sincerely, Steve Leary, Mayor a guide dog for someone with vision loss; a service dog for a veteran with a disability; or a skilled companion dog for a child with significant challenges.

The Sponsor a Puppy program was created as a fun, unique and rewarding way to support the extraordinary partnerships forged between our working dogs and the people who need them. Southeastern Guide Dogs receives no government funding and relies upon donations to deliver the gifts of freedom, dignity, and hope—offering dogs to the recipients at no cost. The organization breeds, raises, and trains elite working dogs and follows up with their handlers for the life of the team.

A donor can choose to sponsor a puppy (or multiple puppies) for themselves or as a gift for another puppy lover, such as a grandchild or a friend. After selecting "their" puppy, sponsors follow the path from puppy preschool to kin-



A pair of precious Labrador retievers named Cricket and Charlie are the first puppies in the program.

dergarten; to life with a volunteer puppy raiser; classes with a certified trainer in Canine University; and ultimately, to the unique pairing with a handler. Regular Pupdates will provide engaging progress reports and photos of dogs-in-training as each one matures and learns. For more information, please visit www.guidedogs.org.

# Family Medicine Excellence in Winter Park



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.

- Sick visits
- Chronic disease
  management
- Dermatologic care
- Geriatric medicine
- Men's and women's health
- Minor injury care
- School, sports and annual physicals
- Pediatrics (6+)

Now Accepting New Patients To schedule an appointment, call 407-646-7380.

AdventHealth Medical Group Family Medicine

2005 Mizell Avenue, Suite 1600 A | Winter Park, FL 32792 | AdventHealthMedicalGroup.com



19-CHWB-07793

# Local Theaters Join Forces To Fight Hunger



A group of Central Florida theaters are coming together with Conway Cares to help children over the holidays. The collective includes Orlando Repertory Theatre, Orlando Shakes, Mad Cow Theatre, and Beth Marshall Presents with food drop-off locations at all four venues.

For the third year, Conway Cares – a Servant's Heart Ministry hunger solution – is receiving assistance from local theaters to ensure that children struggling with food insecurity are not forgotten during the holiday season. Participating theaters act as food collection locations from December 1 through December 30, during regular operating hours. Items collected will then be distributed to four area schools and discreetly delivered to the children each Friday. This distribution ensures these children, who often rely on school breakfast and lunch programs as their main meal source, have food to sustain them over the weekends throughout the school year. All items can be dropped off at any of the above-listed theater locations during operating hours and during performance times. Preferred food items are:

- Granola/ Cereal Bars
- Fruit Cups/ Applesauce Cups
- Canned Pasta with easily removable lid
- Easy Mac
- Juice Boxes or Pouches
- Single-serve Cereals
- Peanut Butter Crackers
- Canned Veggies with easily removable lid

Conway Cares, a non-profit founded by Orlando Repertory Theatre's artistic director, Jeff Revels, has been serving the community since 2011. "After watching a 2011 *60 Minutes* report on children struggling with food insecurity right here in Central Florida, we started what has grown into Conway Cares the very next morning," said Revels.

Servant's Heart Ministries provides nutrition to society's most vulnerable: the children and seniors of Central Florida. As noted by the ministry, one in five children in Central Florida are struggling with issues of hunger. Servant's Heart Ministries coordinates with multiple local partners to train and equip them in the delivery of food directly to those in need. In conjunction with these local partners, the Ministries oversee the distribution of over 15,000 meals a year.

For Giving Tuesday this year, the staff of Orlando REP will be volunteering at the Servant's Heart warehouse.

Any questions or interview requests regarding the food drive may be directed to Olivia Demarco at the Orlando Repertory Theatre at odemarco@ orlandorep.com or 407-896-7365 x228.

# Mayor Demings Kicks Off Annual Toy Drive

To kick off the season of giving in the spirit of a community that works for everyone, Mayor Jerry Demings launched the 2019 Orange County Mayor's Toy Drive at the November Board of County Commissioners meeting.

This is the ninth year of the Toy Drive, which serves local children in need (from infants to 18-years-old). Residents are encouraged to bring new, unwrapped toys to participating drop-off centers. No cash or gift cards can be accepted. The drive ends Tuesday, December 10.

Donations drop-off sites are at more than 15 locations, including all Orange County



Parks & Recreation Facilities and the Orange County Administration Office located at 201 S. Rosalind Ave. in Orlando. For a list of additional drop-off locations and more information, visit www.ocfl.net/ToyDrive.

Since the Toy Drive's inception in 2011, nearly 40,000 toys have been donated. The toys will be delivered to children in need through the Orange County Neighborhood Centers for Families, Wraparound Orange, Orange County Public Schools' Homeless Program, United Against Poverty, and U.S. Marine Corps Reserve Toys for Tots programs.

Special thanks to WOFL FOX 35 for its continuing sponsorship.

# The Winter Park Holiday Boat Parade

As a benefit to raise awareness and funds for with boats decorated to promote their business



food for homeless families and kids at Winter in a creative holiday theme. Attendees can vote

2th Annua

Winter Park

loliday Boat Parade

December 14, 2019 5:30 PM

Dinky Dock & Rollins Colleg

Park High School, the Winter Park Rotary Club is sponsoring the 12th Winter Boat Parade on December 14th. The parade will take place on Lake Virginia with Parade viewing areas at Dinky Dock and behind the Cornell Fine Art Museum on the Rollins Campus.

Members of the Winter Park Rotary Interact Club and the Rollins Rotaract Club will have decorating teams to work with boat owners to create great Christmas and holiday extravaganzas. Boats will be judged in categories such as Best Christmas, Best Winter Park, Best Santa, and Best Overall. There are opportunities for businesses to sponsor the event on their favorite boat by making a donation. Also, any amount will be welcome and accepted at www. winterparkrotaryclub.org.

Lakeside residents are encouraged to decorate their boathouse viewing decks for the event. Rollins College has generously opened their lakeside for the event. The boat viewing area will be on the lake side of the Cornell Museum. Food and beverages will be available starting at 5:30. The Rotary Club of Winter Park has been

sponsoring this Christmas event since 2005. "This year our club's focus is helping feed students at local schools by providing access to healthy food," said Don Hulslander, club president.

Wishing you a happy, and healthy 2020!

www.TheParkPress.com





#### 1394 PLACE PICARDY | \$1,450,000



#### 635 DUNBLANE DR | \$409,000









243 W. Park Ave, Ste 100 Winter Park, FL 32789



407.645.4321 KellyPriceAndCompany.com



# Cybersecurity awareness by Ron Frechette, The Cyber Coach How Secure Is Your IT Managed Service Provider?

I am constantly amazed by the number of small-midsize business (SMB) owners who believe their IT Managed Service Providers (MSPs) have them covered when it comes to cybersecurity and compliance responsibilities. I get it. Most business

Ron Frechett

owners would assume that by outsourcing the management of their IT assets, the service provider should take on the liability of ensuring that the infrastructure is secure and compliant. Right? There is some truth to this, but on a very limited basis.

Before we decide to hand over the "keys to the kingdom" of managing our company's infrastructure to an MSP, we'll want to evaluate its qualifications and overall security posture. The challenge we find with many of our SMB clients is they're not entirely sure what type of questions to ask when evaluating an MSP. So, for this month, we will provide you with a list of questions you should be asking in order to ensure your infrastructure (and the sensitive data within it) is being managed in a secure and compliant manner.

#### Questions You Should Ask When Evaluating an MSP

- **1.** Do you perform annual third-party audits to demonstrate you are delivering services in a secure and compliant manner? Most MSPs will hire a certified third-party auditor to perform an annual security audit called an SOC 2 Type II. This annual audit provides evidence that the MSP is operating a highly secure, process-driven and dependable organization.
- **2.**Do you monitor your network for intrusion detection? For example, file-integrity monitoring tools in place to alert personnel to unauthorized changes of critical system files.
- **3.** Do you perform routine penetration tests on your Infrastructure? These tests validate the effectiveness of segmentation controls and should be performed every six months or after any major changes to controls..
- **4.** Do you outsource any of your services to a third-party provider (such as help desk support, monitoring, etc.)? If so, have you evaluated these third parties to ensure they are delivering services in a secure and compliant manner? As cybersecurity advisors, we are extremely wary of working with MSPs that outsource key functions of what they should be managing in house. This can be a huge red flag.
- **5.** How do you monitor our IT infrastructure to ensure that it has not been compromised and is running efficiently? A good MSP will have a Network Operations Center team responsible for the configuration, monitoring and management of your IT infrastructure.
- **6.** Do you have an Incident Response and what is your response time? Not having an incident response plan for their own business security should be a major red flag.
- **7.** Do you have a Disaster Recovery/Business Continuity Plan in place and how often is it tested?
- **8.**Can we schedule a site visit to see how you operate? We encourage all our clients to visit the MSP offices they are considering to manage their IT infrastructure.

Having worked and partnered with several MSPs over the past several years, I can attest that not all MSPs operate at the same level when it comes to security and compliance. As the Third Party Security Vetting Trend continues to evolve, many of our SMB clients are being required to provide evidence of having answers to these questions or

> they risk losing clients they have enjoyed conducting business with for years and remain competitive in today's Digital Age.

In closing, it cannot be assumed that an MSP will fill the role of a trained security specialist. Being conscious of the differences between IT and security is critical to having business processes that are both functional and secure. We challenge you to consider asking your MSP these pointed questions as we move into 2020! If you are not comfortable conducting interviews with MSPs, consider hiring a security consultant that can speak on your behalf. A third-party security consultant can work with you and potential service providers to ensure your IT infrastructure is designed with your company's best interests in mind.

Until next month, wishing you a joyous holiday season and a safe journey in cyberspace!

#### Sources:

https://www.crn.com/news/security/5-emerging-cybersecurity-trends-to-watchin-2020

https://www.crn.com/news/managed-services/the-wipro-breach-why-managed-service-providers-are-at-risk

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

# FEED HOPE NOW

Kids, seniors, families, veterans, the homeless ... all need your help with food assistance *right now*. Your investment of \$1 provides up to \$9 in groceries for them. Your support equals hope!





# Good news. Rates just got lower.

John Psomas RICP, Agent 922 Lake Baldwin Lane, Suite A Orlando, FL 32814 Bus: 407-277-2997 www.johnpsomas.com Se habla español

1901155

I'm excited to announce auto insurance rates just went down. I can help you find coverage that works for you. LET'S TALK TODAY.



State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL State Farm County Mutual Insurance Company of Texas, Richardson, TX

#### -Second Harvest FOOD BANK OF CENTRAL FLORIDA

www.FeedHopeNow.org



in the garden by Stephen and Kristin Pategas

All photography by Stephen G. Pategas/Hortus Oasis

## Helpful Hints 2.0

**Reduce labor:** ornamental grasses typically need trimming only once every one-to-three years. Compare that frequency

to most other plants.

Stephen & Kristin Pategas

**Save steps:** cover every square inch of the garden by installing a hose reel with hoses of appropriate lengths at each corner of the house.

**Back saving:** a hand truck with balloon tires is a must for moving containers and other items around the garden without getting bogged down in the soil.

Water savings: check the irrigation system monthly for breaks or leaks.

**Keep it level:** when placing containers on soil, use a levelled large steppingstone set on well-compacted soil without vegetative matter underneath.

**Smart feeding:** make sure the plant is well watered before applying liquid fertilizer.

**Reduce labor:** a yard cart hauls a diversity of materials and can dump them.

**Efficiency:** to eliminate flat wheelbarrow tires, replace an air-filled one with a solid one.

# **Smart planning:** when planting next to hard surfaces such as driveways or sidewalks, lower the grade so that after planting, it is three to four inches lower than the top of the hard surface. This will help hold the mulch in place.

**Pain relief:** use duct tape to remove cactus spines from body parts.

**Money saving:** epoxy the inside of cracked containers and place the cracked side out of the line of sight.

**Yummy plants:** to encourage their use, place herbs in a sunny spot as close as possible to the kitchen door.

**Water savings:** install a smart irrigation controller. If you live in Winter Park apply for a \$100 rebate – search Winter Park Weather Based Smart Irrigation Controllers. Call 407-599-3597 for more information.

**Take control:** keep vines out of trees to prevent additional wind load and moisture held against the bark.

**Pain relief:** immediately use a meat tenderizer with some water to make a paste to apply to ant bites or bee stings.

**Trunk strengthening:** During tree planting, make sure a stake it is not tightly tied to the trunk or rubbing against it. Trees need to move in the

breeze, so their trunks develop properly and not flop over.

**Smart planting:** install plants so the top roots at the trunk / stem are about one inch above the soil. If needed, remove soil above the roots

**Proper pruning:** when trimming branches do not leave stubs.

**Brrrr:** when a freeze is predicted, turn off the irrigation so plants aren't damaged by ice.

At left: To hold mulch in place, lower the soil next to pavement



Pictured at left: Apply duct tape to the skin to remove cactus spines. Mlddle: Use epoxy on the inside of a cracked container. Right: Turn off irrigation prior to a freeze.

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

## Let's End The Decade With Some Lists!

First, I must list for you five music albums from 2019 that I have not told you about, but which you must hear before we turn the page to 2020. First: "3 x 4: The Bangles, The Three O'Clock, The Dream Syndicate, Rain Parade." This album was released way back in January and contains covers of songs by these bands from the mid-1980s, with each of the bands choosing one tune from each of the other three to re-work. The bands were part of "The Paisley Underground" - a movement of artists from Los Angeles who sought inspiration from the music of the 1960s (think the Byrds and Beach Boys in their more psychedelic phases). This album is a fun trip back in time to some of the best pop rock of the 80s. The other five to check out are: Sturgill Simpson's "Sound and Fury" for some speaker-blowing rock, King Princess' "Cheap Queen" for some Madonna-esque grooves with deeper themes, Michael Kiwanuka's "Kiwanuka" for British soul, folk and rock, and Lankum's "The Livelong Day" for Irish balladry which updates the island's traditional sounds.

Of course, the end of the decade has brought out the lists of the best of 2010s, which you can find coming from every corner of the Internet. It is interesting to look back and realize all of the great pop culture we have experienced, and I want to offer my Top Lists for Movies, Music, TV and Concerts I enjoyed in the last decade.

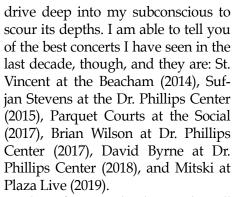
For movies, my top five for the decade are (in order of release): Scott Pilgrim vs. the World (2010), Moon-rise Kingdom (2012), Mad Max: Fury Road (2015), Arrival (2016), and Get Out (2017). Oh, and

d Won't You k, Be My or Neighh bor? (2018) – the documentary on Mister Rogers. I fully expect that the new Hollywood film on Mister Rogers, starring Tom Hanks, might be a late addition to the best of the decade, but it hasn't been released as of the date this was written!

For TV shows, my top five are: Mad Men (2007-15), Parks and Recreation (2009-2015), Veep (2012-2019), The Americans (2013-2018), and The Leftovers (2014-2017).

For music, my top five albums are much more difficult to choose. In fact, I am punting this to January or even later, I consume too much music to just pick from the most popular albums of the last decade. I need to

The cast of the hit TV show Mad Men made the list!



I have forgotten books! Books will also have to be punted to 2020 so I can engage in some deep thought and consult list of books I've read on the Goodlists app. Great – now I have a topic for the first month of the new de-

cade – thanks for reading and see you in 2020!

## theater in the parks by Paul Gicola A Feel-Good Musical

"You're a Good Man Charlie Brown", Winter Park Playhouse, through 12/15.

Based on the comic strip "Peanuts" by Charles M. Schulz. Book, Music and Lyrics by Clark Gessner, Michael Mayer (additional Dialogue) and Andrew Lippa (additional music and lyrics), Directed by Roy Alan.

If you want to forget your troubles and be happy and leave with a smile on your face, this is the show to see. The comic strip "Peanuts" debuted in 1950 featuring Charlie Brown, Shultz' alter ego, and all the other characters that we have come to love. The musical debuted Off-Broadway in 1967 and had a Broadway run in 1971 and a revival in 1999. There was also a Off-Broadway revival in 2016. Make no mistake, this is not a children's show. It is written for adults and works on so many levels. The show opens with Charlie Brown's friends each giving their opinion about him. The consensus is that he is a "good man." Then Charlie Brown sets out to determine what makes a good man. Because it has only six characters and a simple set, the show is a favorite with amateur theater. But in the hands of the professionals at the Winter Park Playhouse, the show really shines the way it was meant to be. It is far superior to any local production that I have seen.

Under the direction of Roy Alan, the outstanding cast puts on a highly energetic performance. And what a cast it is: Shawn Kilgore (Charlie Brown), Natalie Cordone (Lucy), Brandon Roberts (Linus), Molly Anne Ross (Sally), Shonn McCloud (Schroeder), and Jeffrey Correia (Snoopy). There are musical numbers featuring the entire cast such as "Beethoven Day" and "Happiness" that work well. In addition, each cast member has at least one star turn musical number. I was particularly impressed by Jeffrey Correia, the son of actors Sandy Duncan and Don Correia, who as Snoopy was sly, comical, and charming.

The little theatre that could. Theatre South Playhouse, Dr. Phillips Marketplace I first came across this playhouse when they performed a professional production of "Be More Chill" right before it made its Broadway debut. I wrote at the time that it was quite a coup for Artistic Director Hillary Brook. Well, she has done it again. In November, "Matilda the Musical" made its local professional debut at Theatre South. What a nice combination- Matilda, the little girl that could and Theatre South, the little theatre that could. Next up, a professional production of "Urinetown the Musical."

of theatrical performances in their 2,000 seat state-of-the-art theatre for many years. This Christmas they are featuring **"The Heart of Christmas"** a 130- minute show performed in two parts. It is the story of one family's journey through the ages in search for the Heart of Christmas.

So, this holiday season, turn off the cellphones, video games, and television, and go see a show as a family. You'll not only have a great time, it may bring you closer together.



professional actors bringing Charles Schulz's

Plenty of Holiday fare. There is ample opportunity to get in the holiday spirit this month. Choices include "A Christmas Carol" (Garden Theatre), "Miss Bennet: Christmas at Pemberley"...the Pride and Prejudice sequel (Orlando Shakes), "A Christmas Story: the Musical" (Theater West End), "White Christmas" (Osceola Arts), "Miracle in Bedford Falls" (Orlando REP), "A Breakthrough Family Christmas" (Breakthrough Theatre) and "A Christmas Story" (Cfcarts).

**The Holy Land Experience.** Probably when you think of theatre, The Holy Land Experience doesn't come to mind. However, they have been offering a wide range

OTHER BEST BETS FOR NOVEMBER: "TALK RADIO" (THEATER ON THE EDGE); "THE SPITFIRE GRILL" (MAD COW); AND "THE PLAY THAT GOES WRONG" (DR. PHILLIPS CENTER). beloved comic strip to life! Join the Peanuts gang as they show us the wisdom and happiness that lives in our everyday lives.

#### GIVE THE GIFT OF MUSICAL THEATER THIS HOLIDAY SEASON!

3 SHOW SUBSCRIPTION STARTING AT \$105 GIFT CERTIFICATES AVAILABLE IN ANY AMOUNT



A Professional Musical Theatre & 501(c)(3) Non-Profit Charitable Organization

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

# Passages...

It's December. (If I'm being honest, as I write this it's still November.) But it may as well be the holidays. I can barely stand how quickly this year has

clipped by. The temperatures are finally dropping, all of the holiday 'gift guides' are popping up online and in my inbox, and I find myself contorting an already full calendar. My word, how the time goes.

My littlest recently turned ONE and it's as though I barely had enough time to lament the lack of sleep and then it was over. She's danced, pranced, talked, walked, and shimmied her way into all of our hearts and, in a blink, she'll be even bigger.

The older kids are no better. One would think they'd have the decency to slow down a bit for their old mum and dad to catch up - what with being fully developed beings and all by now, but not a chance.

High school may actually move in fast forward and being the top dog in 5th grade is starting to bring with it a bit of swagger.

My husband and I will connect and reflect and marvel at the time as it goes (pretty much every day) but for some reason even that doesn't seem to make it slow. Science backs up the feelings we have that time actually does begin to speed up as we age. Technically, our brains perceive it as going faster for a few reasons - the more years we are, the smaller percentage the last year is in the grand total, we take in less new information the longer we've been around, the amounts of dopamine released with new information even when we do take it in are lower, etc etc...

But another reason supposedly has to do with how 'routine' our lives become as we get older. Wake up, eat, school/work, kids, eat, wash up, bed.



Repeat.

...It does sound like a rather plodding storyline. So what then are we supposed to do in the crux of

life and responsibility? I suppose it (unsurprisingly) comes back to Meaning again. The holidays, December in particular, seem like a prime time to become more intentional in the moments as you experience them. Look around, reflect, listen, sit

quietly and observe. Find the meaningful moments as you witness the splendor of a glorious season of life and love. Family, friends, gratitude, generosity, good will to all... it feels prime for the picking.

What feels truly meaningful to you at this moment in life? When you sit in its presence, truly experience it enough to appreciate it, does it make life slow down even if just for a moment? Can you drink in the essence of that which is going well and attend to that which may not be? Can you commit

> to not making the mistakes of an unexamined life for yet another year?

> In 2020, we will all get older. We will all experience some pleasure. We will all navigate some pain. In 2020, time will pass even more quickly than it already has for each and every one of us... In 2020 I would like to be more awake while it does.

> Drink in the moments that make these holidays meaningful for you...

Stay thirsty in the new year.

From my family to yours, I wish you the gifts of passion, poise, love, truth, gratitude, meaning and grace. Happy Holidays, Merry Christmas and Cheers to 2020.

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.



Stuart Janousky, MD **Pediatric Medicine** (407) 893-7377

Penny Danna, MD **OB-GYN** (407) 898-6588

Pranav Bipin Chudgar, MD **OB-GYN** (407) 898-6588

At Orlando Health Physician Associates - Baldwin Park, you can find quality healthcare close to home, with the added convenience of same-day appointments. Our doctors have the skills and experience you can trust - with pediatric medicine provided by Orlando Health Arnold Palmer Hospital for Children, and childbirth deliveries performed at **Orlando Health Winnie Palmer** Hospital for Women & Babie



# **ORLANDO HEALTH**<sup>®</sup>

## Physician Associates

855-867 Outer Rd., Orlando, FL 32814 **OrlandoHealth.com/BaldwinPark** 

#### schools

# Audubon Park School

Things are getting Zen at Audubon Park School with the opening of the oncampus Zen Den Yoga Studio. Designed by 4th-grade teacher Katie Messina and funded by community partners, students are offered yoga each Wednesday and Friday morning before school. Teachers are also able to book the room and instructor during the school day for their classes. It's all part of the school's mission to connect mind and body through healthy initiatives.

Volleyball season ended for our girls' and boys' teams and basketball season is right around the corner. Make plans to visit our state-of-theart gym and cheer on the APS Falcons in December. The Falcon Pep Squad debuted this year and has been a great addition to our athletic program. This co-ed team will cheer and bring the spirit to the Falcon Frenzy section during each game.

Congratulations are in order for our teachers, as the Foundation for OCPS awarded several teachers grants this month. Mr. Walters, Mrs. Lebow, Mrs. Erwin, Mr. Giles and Mrs. Helsel all received grants to further enhance the classroom experience for their students.

Our First Lego League team also competed at the FLL Qualifying Competition recently, coming away with great experience and the Rising Star Mission Award. Congratulations to sponsor Mr. Giles, The Bot Squad and The Cyborg Falcons!



We have had a fantastic start to the school year at Baldwin Park Elementary. During the month of December we celebrated our multicultural community with our annual International Night. More than sixteen countries were celebrated to showcase our families and their background. During this event, our students traveled around the world and learned through music, stories, and experience while tasting some amazing treats.

Our school also celebrated literacy with our annual book character parade. Our students had a wonderful time showcasing their favorite book characters. We appreciate the involvement of our community, which was evident in everyone along the parade route.



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

I hope each of you are having an amazing day today. Know today is already great because each of you are in it. Since our last issue, so many great things continue to happen here at Glenridge MS. For starters, under the leadership of teacher Rich Childs, our girls soccer team won the County Championship game in a nail-biter win in double overtime. I am so proud of Coach Childs and our team. I also want to congratulate our boys soccer team and Coach Berry for an undefeated regular season.

Our Orchestra and Choral programs have only added to our achievements. Nine of our orchestra students as well as 14 of our choral students were selected to participate in the All-County Orchestra and Choral groups, respectively. Thank you to both Mr. Dolinskiy and Ms. Gonzalez for leading our students to this huge success.

Finally, I want to thank our PTSA for organizing our Viva Las Vegas fundraising event. It was an incredible evening and I want to thank all that attended and supported this event. Know that every dollar raised goes right back to support our students and teachers. Thank you for making Glenridge Middle School such an amazing place to be. Always proud to be a Lion!

#### The Geneva School **HEADMASTER BOB INGRAM**

We kicked off this month celebrating the Thanksgiving season with our annual Fall Festival, which gave faculty, students, and families a chance to come together as a community for games, food, and fellowship.

Lower School students had many opportunities to share what they had been learning with their families and triends this month as science, literature, and history units culminated in plays and presentations. K4 and Kindergarten each shared a Thanksgiving-themed play. First graders recited their Animal Monologues, second graders performed a Winnie the Pooh play, fourth graders performed Bible stories in the style of Medieval Mystery Plays, and sixth graders performed the

moving Holocaust play, I Never Saw Another Butterfly.

Twenty eight of our Greek and Latin students competed in the Junior Classical League Fall Forum against over 350 exceptionally bright students from across the state of Florida. The events comprised a range of competitions, including chalk art, team trivia, and individual academic contests. With many top finishes, we had our best Fall Forum yet!

The Upper School faculty and staff, along with a group of excited parent volunteers, took a Friday morning to cook 7th-12th graders a pancake breakfast. In return, the senior class took the opportunity to change their usual monthly "senior surprise" of snacks and treats they receive into a "faculty surprise," choosing to serve their teachers and thank them for all they do.

Don't miss our upcoming lower school and upper school open house events! Call 407-332-6363 or go to www.genevaschool.org/visit for more information.

# Winter Park Presbyterian PreSchool

Our annual Audubon Birds of Prey Event was very exciting! The children had the opportunity to see two different birds, an owl and eagle. They learned many facts about each bird, their injury, and how they ended up at the sanctuary.

Our annual Breakfast with Santa and Holiday Shoppe events are Saturday, December 14 from 9:00 a.m. until 12:30 p.m. These events are free and open to the public. Santa will be here for visits and photos, and breakfast will be available featuring items from Chick-fil-A, Foxtail Coffee, Dunkin Donuts, Panera and more. There is no charge but donations are welcome.

Holiday Shoppe is a boutiquestyle shopping event featuring children's books, jewelry, ornaments, art, pottery, home décor, women's & children's accessories, stocking stuffers and much, much more. There will also be a raffle of items from our vendors.

Many parents are already making preschool choices for the 2020-2021 school year. We are conducting tours by appointment only. You can request a tour online via our website winppc. org/preschool or by calling 407-629-0727. Open registration begins February 10.

We wish everyone a wonderful Christmas season followed by a restful and restorative break!



The Geneva School...



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

Dommerich Elementary fifth graders presented their creative science fair projects at Dommerich's Science Fair Family Night in November!



## where an education becomes an adventure when students are inspired to develop a lifelong love of learning by engaging God's world with **wonder**, **wisdom**, creativity, and confidence.

2025 SR 436 | Winter Park, FL (K4-6th Grade) NEW Campus! 1775 Seminola Blvd | Casselberry, FL (7th-12th Grade)

genevaschool.org | 407-332-6363



#### 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 Road. 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/.

#### 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-



has worked in education is invited to join us for this wonderful event. For more information, please visit http:// www.ocrea-fl.org or call 407-843-6909.

**December 7 O-Town Sound Rummage Sale** - 8:00 a.m. to 3:00 p.m. at the VFW Post 2093 located at 4444 Edgewater Drive. This sale is to support O-Town Sound, a non-profit music education organization.

**December 12 Holiday on the Drive** - 5:00 p.m. along Edgewater Drive. This year activities include a snow slide, rock climbing wall, train and horse drawn wagon rides, arts and crafts. Santa will be hanging out in the Albert Park gazebo.

**December 14 Winter Spark In Baldwin Park** - 4:00 p.m. in the Village Center near Harbor Park. This annual event features performances and photos with Santa and the parade starting at 7:00 p.m.

#### **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. 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.

**December 5 41st Christmas In The Park** – 6:15 p.m. in Central Park. This event is hosted by The Charles Hosmer Morse Museum of American Art and the City of Winter Park, and features the Bach Festival Society Choir, and the lighting of nine century-old Tiffany leaded-glass windows. For more information about holiday events at the Morse Museum, please visit morsemuseum.org. For information regarding events in the City of Winter Park, please visit the city's webiste at www.cityofwinterpark.org.

**December 6 Winter On The Avenue** – 5:00 to 10:00 p.m. in Central Park. This holiday street party will feature a flurry of activities including the Annual Tree Lighting Ceremony, Santa and Mrs. Claus, Popcorn Filicks in the Park with the showing of "Elf," and snow slides in Central Park West Meadow. The Morse Museum is also hosting their Open House which includes live music, globes of light, and so much more. For more information, please call 407-644-8281.

**December 7 21st Annual Leadership Winter Park Pancake Breakfast** – Before, during, and after the Christmas Parade from 7:00 to 10:30 p.m. at the Central Park Main Stage. Enjoy hotcakes, sausage, and beverages for just \$5 per person. Proceeds benefit the Winter Park Improvement Foundation's Legacy Fund in it's efforts to develop adult and youth leaders through Leadership Winter Park programs. For more information, please call 407-644-8281.

**December 7 67th Annual Winter Park "Ye Olde Hometown" Christmas Parade** – 9:00 a.m. along Park Avenue. This family-friendly occasion showcases holiday-themed floats, Santa Claus, and well-known local figures as they make their way down the avenue. For more information, please call 407-644-8281.

**December 8 Holiday Pops Concert** – 5:00 p.m. in Central Park performed by the Orlando Philharmonic Orchestra. Bring your blanket and a picnic for a concert program of holiday favorites. This free concert is made possible by the Charlotte Julia Hollander Trust. For more information, please call 407-599-3463.

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.

**December 5 The Orange County Retired Educators Association Meeting** - 10:00 a.m. at the College Park United Methodist Church located at 644 W. Princeton Street. Anyone who **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 **December 10 Jingle and Mingle!** – 12:30 to 2:30 p.m. at the Center for Health and Wellbeing located at 2005 Mizell Avenue. Take a break from the hustle and bustle of the holidays and let us treat you to lunch and Rat Pack entertainment, presented by Don Juceam orchestra. This event is hosted by Watercrest Winter Park. Please RSVP by December 6th at 321-304-4898.

**December 14 Winter Park Holiday Boat Parade** – 5:30 to 8:00 p.m. along the beautiful city lakes in Winter Park. Family and friends can gather in their backyards on Lake Virginia, at Dinky Dock Park, or on the Rollins College campus behind the Cornell Fine Arts Museum. To register a boat in the parade, please visit winterparkboatparade.com. For more information, please call 407-256-6369.

#### December 14 New Solo Cabaret - "Christmas Time Is Here"

- 7:30 p.m. featuring vocalist Shawn Kilgore at The Winter Park Playhouse. For more info and tickets, call 407-645-0145, or visit winterparkplayhouse.org.

# EXPAND YOUR HORRIZONS

\* \* \*

Announcing Bristol Landing at The Mayflower: WHERE YOUR LIFE PLAN COMES WITH A NEW POINT OF VIEW

The Mayflower has long been Winter Park's premier senior-living destination. And now, the best is getting even better! Soon, we'll be expanding our campus by adding spacious waterview residences, a state-of-the-art Health Center and a stunning Club House and Bistro. All nestled in a brand-new neighborhood among green space, ponds and walking trails.



Architect's rendering, subject to change.

Discover The NEW Mayflower – where you can view life differently and *still* have the assurance of onsite, quality long-term care.

Call us at **407.672.1620** to learn more. Only a limited number of residences are going to be built – and they will go quickly. Don't miss the boat!



Distinctive Senior Living

1620 MAYFLOWER COURT | WINTER PARK, FL 32792 | 407.672.1620 | THEMAYFLOWER.COM

