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## Two New Livestreaming Manatee Webcams Debut

The stream will be available to view 24/7 at [ManaTV.org](http://ManaTV.org). In addition to the park, the Club is partnering on the project with [explore.org](http://explore.org), a live nature network.

Photo from Adopt-A-Manatee Club's Instagram.

Save the Manatee Club, the world's leading manatee conservation organization, has two new livestreaming manatee webcams at Ellie Schiller Homosassa Springs Wildlife State Park in Homosassa, FL. The webcams will stream live footage of both above-water and underwater activity at the park, which is home to three year-round captive manatees and is a winter refuge for wild manatees. The stream will be available to view 24/7 at [ManaTV.org](http://ManaTV.org). In addition to the park, the Club is partnering on the project with [explore.org](http://explore.org), a live nature network.

Adding to the Club's other two webcams at Blue Spring State Park in Orange City, FL (also found at [ManaTV.org](http://ManaTV.org)), these new webcams will allow viewers to see manatees up close, in real time, and year-round, as opposed to primarily during the winter at Blue Spring. Ellie Schiller Homosassa Springs Wildlife State Park is one of the best places in Florida to view manatees and other native Florida animals. Visitors can see manatees in the pool at the Manatee Care Center, beneath the water's surface in the Underwater Observatory, and in the entire spring above the water. Both wild manatees and three resident captive manatees,

who cannot be released into the wild, can be spotted on the webcams. These three manatees — Ariel, Betsy, and Electra — are in Save the Manatee Club's Adopt-A-Manatee program. This isn't the first time the club and the park have worked together to support manatees. Save the Manatee Club's historic partnership with Ellie Schiller Homosassa Springs Park dates back to 1989 when the Adopt-A-Manatee program began by including the park's resident manatees. More recently, the club provided funding for two sets of spring run gates that allowed wild manatees to swim into the main spring area, which acts

Continued on page 5

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## Publisher's Message



Rick Cable

Please allow me to take you back to a moment in time. Perhaps a time prior to many of us being born. A time when minimum wage was \$1.00/hour, a gallon of gas cost 25 cents, a loaf of bread cost 22 cents, the average cost of a new car was \$2,600 and the average cost of a new home was \$12,700. President Eisenhower occupied the White House, Staff Sergeant Elvis Presley was honorably discharged from his military service, Ian Fleming and future president John F. Kennedy humorously discussed over dinner how James Bond would get rid of Fidel Castro, and the first Winter Park Sidewalk Art Festival was held. Yes, this all took place in March of 1960.

Sixty-one years ago a handful of local art enthusiasts organized the first Winter Park Sidewalk Art Festival as a community project in hopes of benefitting local artists by showcasing them along with their original works. With just three weeks of advertising, the first festival had 90 exhibiting artists.

Now fast forward over those 61 years, and the humble event that they started has grown to become one of the oldest, largest, and most prestigious juried outdoor art festivals in the nation. During the '70s the show grew to over 600 exhibiting artists, but it was eventually decided that the festival needed to be contained within Central Park, limiting the number of participating artists to 225. This year nearly



GREETINGS FROM THE  
**WINTER PARK**  
SIDEWALK ART  
FESTIVAL  
March 20, 21, 22 • 2020

This year's official poster was created by Victor Bokas.

1,100 artists from around the world applied for entry for one of those coveted 225 spots.

More than 350,000 people are expected to visit this year's festival during the weekend of March 20, 21 and 22, and while art is the central focus, this event offers a variety of live entertainment and family fun. For more information regarding this year's festival, please visit [www.wpsaf.org/](http://www.wpsaf.org/).

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

*Rick*

Rick Cable  
Founder/Owner

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## City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

Spring Break is right around the corner! The weather is balmy here in Central Florida and this is such a great time to explore our City. If you are on a budget or would just like to stay close to home this year, here are some great ideas for activities, events, and also day camp opportunities for your kids if you are stuck at the office.

For theater fans, the Orlando Repertory Theater offers Spring Break Camp from March 16th through March 21st. They have different camps for different ages. Theatre also provides an interesting way for young people to learn about empathy and compassion. It's a great way to learn more about the arts and meet new friends along the way. If your family is a fan of literary character Pete the Cat, he has his own musical that is playing at the Rep through April 5th. Visit [orlandorep.com](http://orlandorep.com) for all of the details.

Orlando Skate Park (400 Festival Way) is great for kids who are interested in skateboarding or BMX biking. You can purchase a daily pass and they offer helmet and skateboard rental while supplies last. For more information, please contact Cesar Fernandez at [cesar.fernandez@orlando.gov](mailto:cesar.fernandez@orlando.gov).

It seems that lacrosse is becoming a really popular sport with our youth. To help more girls learn to play, the City of Orlando offers a fun and interactive program for girls in grades 4-12 at Emery Hamilton Sports Complex near the Florida Fairgrounds. You can find the application on the City's website at [orlando.gov](http://orlando.gov) and then bring the completed application to the City's Parks office located at 595 North Primrose Drive. The City also offers both competitive and

recreational swim teams for youth ages 6-18. Visit [orlando.gov](http://orlando.gov) and search join a swim team for more information on this great program that promotes fitness and wellness for both mind and body.

For our art lovers, bring your whole family on March 14th to the Orlando Museum of Art for a workshop celebrating St. Patrick's Day and the luck of the Irish. Enjoy a visual scavenger hunt for all things green plus create your own art using shamrocks and rainbows. Visit [omart.org](http://omart.org) for information about this and the many great events they host for all ages.

Or across Loch Haven Park at the Mennello Museum, enjoy a movie in the Sculpture Garden on March 20th beginning at 6 p.m. or yoga in the same location on March 29th at 9 a.m. Visit [mennellomuseum.org](http://mennellomuseum.org) for details.

Maybe you and your family have always wanted to learn to play shuffleboard. At the City's Beardall Senior Center on the first and third Saturdays of every month from 7-9 p.m. join the Orlando Shuffle for some free friendly shuffleboarding competition... all equipment provided.

Did you know that clay can captivate a child's interest for hours, and has a calming effect? Orlando Pottery Studio was established in 1968. The Pottery Studio has evolved into one of the finest pottery studios in Central Florida. From family fun workshops to date night fun, taking place this month on March 18th and 20th respectively, the studio has something for everyone and provides a safe and relaxing atmosphere where individuals explore, invent, learn and create at their



Play shuffleboard at the Beardall Senior Center on the first and third Saturday of every month from 7 to 9 p.m. This is a free event.

own pace. For more information, please contact Jason Sugiuchi, 407.246.4488 [jason.sugiuchi@orlando.gov](mailto:jason.sugiuchi@orlando.gov).

A unique four-night event begins in downtown Orlando this month. "Inside the Courts" will take place at the Orange County Courthouse in the Jury Assembly Room on March 24th, March 31st, April 7th, and April 14th from 6:30-8:30 p.m. This free event is open to the public and provides citizens with a unique insight into the workings of our judicial system. Each night consists of presentations

by Ninth Circuit judges on topics such as family law, the courts of the future, the role of technology in the courtroom, and much more. This is a great way to see first-hand how our local courtrooms operate and would provide students an interesting way to see many of the options for careers in the legal profession. If you come to three out of four sessions, you will receive a

certificate of completion from the Ninth Circuit. For more information visit, [ninthcircuit.org](http://ninthcircuit.org).

While there is always so much to see and do in our great City, I hope you get to enjoy some of the cool goings-on this month with family and friends.



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## Winter Park Mayor's Message

Mayor Steve Leary



Steve Leary

### Next Steps For The Orange Avenue Overlay

One goal of the City Commission has been to aesthetically and functionally improve our corridors. During our 2016 Comp Plan update, we identified Orange Avenue as the test corridor, and thus the Orange Avenue Overlay (OAO) plan was developed. Orange Avenue was chosen for two primary reasons:

**1. The issues were easily identifiable.** Most properties were unable to renovate due to the requirement that if renovations increased the value of the property +50%, they are required to bring them up to our current code. This means that they would have to add parking and on-site water retention among other more recent requirements. With Orange Avenue and the railroad tracks bordering most of the properties, most are unable to meet the new codes.

**2. There are three major corridor properties ripe for redevelopment.** These properties are strategically located within the corridor as two border each end and one sits in the middle.

The opportunity existed wherein the city could incentivize the three property owners with added benefits, if they could offset other issues along the corridor including working with the city to create more efficient and effective traffic solutions.

We could ignore the challenges and allow the three properties to redevelop independently. These sites could become strip centers or "un-Winter Park" projects, and the smaller properties would not reno-

vate. The OAO calls for the city to participate in the redevelopment, address the shortcomings of the corridor and provide the opportunity for the smaller property owners to renovate/redevelop their sites to improve the aesthetic and function of the corridor.

As a part of this 15-month process, the City Commission appointed the Orange Avenue Overlay Steering Committee and after an extensive public process that included city staff, residents and businesses, the steering committee moved the plan with an 8-2 vote to the Planning & Zoning Board which voted unanimously to move the plan to the City Commission. On January 13, the City Commission held a lengthy public hearing that was continued to January 16. After many hours of public input, deliberation and amendments, the first reading of the ordinances to amend the Zoning Code and Comprehensive Plan to create the OAO district were approved.

In full disclosure, I am a partner in two of the smaller properties along the corridor which comprise a total of 1.2% of the entire land within the district. Elected officials are discouraged from "ducking" controversial votes when it comes to voting on an item that may appear to pose a conflict-of-interest. Therefore we're encouraged to seek an opinion from the State of Florida Commission on Ethics (COE). Once the boundaries of the OAO district were formalized, I did just that. As the overlay does not "inure to my special benefit," the COE instructed that I was not prohibited from voting.

There has been much information, some accurate and some less so, shared about the OAO and I wanted to offer the facts as we work towards our next steps.

### "There has been NO traffic study."

There was an extensive traffic study and modeling conducted by Kimley-Horn. Preliminary de-

signs are currently being developed, AND when the major property owners develop their proposals they will include more complete traffic studies prior to approval.

### "Orange Avenue will be a 'canyon' with 3-7 stories along the entirety."

Some reference projects along northern US Hwy. 17/92 and other areas as the type of projects that could be built. This simply will not happen. Specific setbacks and designs were created to ensure that buildings could not create "canyonization."

Of the 95 acres of the overlay, the maximum possible height only increased in approximately 10 acres. The maximum height was reduced in a significantly larger area that fronts Orange Avenue.

### "The OAO adds density."

The existing Comprehensive Plan allows for 17 units per acre for all commercial or office-zoned property. No new residential entitlements were created by the OAO.

### "The scale of the OAO is larger than Park Avenue or Hannibal Square."

Even if every property within the OAO was developed to highest extent possible, the average Floor Area Ratio (FAR) would be still be significantly lower than the Hannibal Square area, Park Avenue area, or other desirable areas of town.

### "The OAO was created by developers and the process was rushed."

As noted above, this was directed by the revisions to our Comprehensive Plan. The process was led by staff and a volunteer 11-member citizen steering committee, with one member appointed by each Commissioner and a representative from the Planning & Zoning Board, Vision Winter Park committee, Transportation Advisory Board, Keep

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## County Commissioner's Message

Commissioner Emily Bonilla, Orange County District 5



Emily Bonilla

The month of February was filled with events for our office. We attended the Chinese New Year Dragon Parade, and we also had a great turnout in our bat house building workshops! Overdevelopment has impacted bat habitat, which has endangered this species.

The bat house building workshops were open to the public, and with constituents' help, we built a total of 30 bat houses that have already started being installed throughout the parks of Orange County.

We have partnered with the University of Central Florida to host Collaborative Community Planning meetings focusing on the issues constituents

have in their growing neighborhoods. Our Focus Group meetings were on February 5th and 19th. We still have two more rounds left in March: The UCF Corridor and Union Park focus group meeting will be March 4, from 6:30-8:30 p.m. at the University High School cafeteria. The last session on March 18 will be from 6:30- 8:30 p.m. at the Bithlo Community Center for the Wedgfield and East Orlando areas.

This month we also have our "We Are Women"

event that will take place on March 26 from 6:30-8:30 p.m. at the Orange County Regional History Center. Please contact our office at (407) 836-7304 to register for our upcoming events, as spaces are limited for the focus group meetings. Please visit our Facebook page or website at EmilyBonilla.com for more information on events.

If you're interested or have been following the Split-Oak decision that took place in December, you might know I voted "No" to an expressway running through the southwest portion of the conservation land. Unfortunately, I was the minority vote, and the motion to approve the support of the expressway passed. Last month

in February, I moved to rescind the Orange County Board of County Commissioners vote. It was my stance that we did not have all the research when the matter was voted

on in December 2019. Regrettably the decision to support the motion was upheld, and my motion to rescind failed. If you would like to get further involved and fight for our environment with me, please make your voice heard in Tallahassee, where this matter will go before the Florida Communities Trust board. Together we may be able to have this vote reside at the state level. Join Team Bonilla, join the fight for our environment, join the good fight.



## League Of Women Voters Of Orange County, Florida

An election year means the League of Women Voters Orange County sees an uptick in membership rolls - and for the new members who are signing up, the LWVOC offers its League Showcase/Orientation 6:30-8:30 p.m. Tuesday, April 21, at the Winter Park Community Center, 721 W. New England Ave., Winter Park (free and plentiful parking).

League Committees will set up information tables where newbies can ask questions and sign up. Committees include Gun Safety, Education, Affordable Housing, Natural Resources, Immigration, Health Care, Voter Services, and Transportation. The non-partisan League is issues-oriented and does not advocate for either candidates or political parties.

The showcase is open to new members, current members and future members and to men and women, young and old.

The April 21 event will feature wine, snacks, conversation and League info. For reservations, go to [LWVOC.clubexpress.com](http://LWVOC.clubexpress.com). More information: membership co-chairman Pat Grierson, 407-608-2300.





From Page 1.

as an important source of warmth in the winter. They have also funded heating support tanks, veterinary care, and the park's "Manatee Watch" pontoon boat.



Park Manager Tricia Fowler is excited about giving access to real-time footage both to those visiting the park and to manatee enthusiasts worldwide. "The addition of a large viewing screen above the water provides persons unable to go into the Underwater Observatory a live feed of the manatees and schooling fish below," she explains. "The Underwater Observatory is currently inaccessible to park guests with mobility devices. Our team appreciates the continued partnership with Save the Manatee Club and our shared dedication to conservation and public education about one of Florida's most iconic animals."

Save the Manatee Club has also partnered with explore.org, the live nature cam network and documentary film channel. Viewers all over the world watch all four streams of manatees from both state parks and participate in explore.org's discussion boards. Emily Berlin, public relations specialist at explore.org, mentions the manatee webcams have been sought-after for years. "We couldn't be more excited to bring these gentle underwater giants to the explore.org family," she said. "There's so much to learn about the patterns, temperament, and personality of manatees by simply observing them unobstructed."

"We hope that our webcam partnerships with the Florida State Parks and explore.org continue to raise awareness about manatees and Save the Manatee Club's goals," said the club's executive director, Patrick Rose. "In 2020, these include reducing manatee mortality and harassment; expanding our partnering on manatee rescue, rehabilitation, and release efforts; and pressing forward with our unwavering commitment to protecting all elements of the aquatic ecosystems so critically-important to manatees and other species, from freshwater springs to our near-shore ocean habitats."

Find out more information about manatees and the Adopt-A-Manatee program by contacting Save the Manatee Club at 500 N. Maitland Ave., Maitland, FL 32751. You can also call 1-800-432-JOIN (5646), or visit the web site at savethemanatee.org, where you can also sign up for the Club's free E-Newsletter.

From Page 4.

Winter Park Beautiful & Sustainable Board, Community Redevelopment Agency Advisory Board and the Economic Development Advisory Board. The 15-month OAO process included 19 advertised meetings with public comment, numerous informational & neighborhood meetings, educational videos, citywide notice, and surveys.

**"This is done to benefit only certain property owners."**

This process will benefit the entire corridor. As stated in our Comp Plan: Within one year from the adoption of this Comprehensive Plan, the City will create a mixed use overlay or district for commercially designated parcels that would be intended to facilitate design and use flexibility to achieve pedestrian scale, innovative transit connectivity and maximizing open space within a commercially viable and architecturally desirable design. Complementary uses may include, but are not limited to retail, entertainment, office, civic and residential uses. The main focus of this effort was to help the existing and small businesses that have already invested in this area, but are struggling with the current conditions in the area.

These are just a few of the misconceptions about the OAO. I'm hopeful that with the facts, the community can come to a better understanding of the rationale and the process to create a better corridor to benefit the entire community.

**What are our next steps?**

Per state statute requirements the city has transmitted the Comprehensive Plan Ordinances to state agencies for their review. Upon completion of the state's review, the city will bring the OAO district back to the City Commission for a final, second reading of the ordinances. This is advertised to be held during the regularly scheduled City Commission meeting, Monday, March 9, 2020.

**If you would like to learn more about the OAO, please:**

- visit [cityofwinterpark.org/planning](http://cityofwinterpark.org/planning)
- watch educational videos about the process and project at [cityofwinterpark.org/vimeo](http://cityofwinterpark.org/vimeo)
- email [OrangeAve@cityofwinterpark.org](mailto:OrangeAve@cityofwinterpark.org)

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# Colorectal Cancer Awareness Month: Knowledge Is Power by Raul J. Badillo, MD



Dr. Raul J. Badillo, MD

March is National Colorectal Cancer Awareness Month. According to the American Cancer Society, the colon cancer death rate in this country could be cut by more than half if Americans simply followed recommended screening guidelines. Early detection and treatment are critical. If caught early, colorectal cancer is 90 percent curable. If precancerous polyps are found during screening, the disease is often altogether preventable. Because colorectal cancer can develop with no signs or symptoms, a colonoscopy could serve as a life-saving test.

A colonoscopy is the most effective way to prevent, detect, and diagnose colon cancer. Along with functioning as a screening test to check for cancer or precancerous polyps in the colon or rectum, a colonoscopy can also help find ulcers, tumors and areas of inflammation or bleeding. It is important to be screened for colon cancer even if you are not currently experiencing pain or bleeding.

### New guidelines: Get screened at 45

Men and women are affected equally by colorectal cancer. For patients of average risk with no family history, it is now recommended that screenings for colon cancer begin at age 45 (although the screening guidelines have been lowered to age 45, some insurances may not cover the screening until age 50), with follow-up screenings every five to 10 years, even for people who feel perfectly healthy. If you do have a family history of cancer, are experiencing pain or bleeding, or a previous screening revealed polyps, your doctor may recommend that you be screened earlier or more frequently.

### A colonoscopy is not as hard as you think

There's no need to feel embarrassed or ashamed during a colonoscopy. It is your doctor's job to perform these lifesaving screenings, and every effort is made to help patients feel comfortable during the painless procedure.

- You'll be asked to follow a clear liquid diet the day before your procedure.
- You'll be given instructions on using a laxative mixture to empty your bowel so that your colon can be viewed clearly during the procedure.
- During the colonoscopy, your doctor will look at the inner lining of your large intestine (which includes your rectum and colon). A thin, flexible tube called a colonoscope is inserted while you are sedated.
- Most patients have very little awareness that the procedure is taking place. You're done within an hour.

### Colorectal Cancer Risk Factors

Even if you have no family history of the colorectal cancer or polyps, you are at increased risk if:

- you are 45+ years of age
- you are overweight
- you are physically inactive
- you smoke and/or excessively consume alcohol
- you eat a lot of red meat
- you have diagnosed or undiagnosed Type 2 diabetes
- you have Crohn's disease or ulcerative colitis

**About Dr. Raul Badillo** – Raul J. Badillo, MD, is a board-certified and fellowship-trained gastroenterologist. His clinical interests include acute and chronic liver diseases, esophageal and swallowing disorders, and Barrett's esophagus. For more information or to schedule an appointment, visit [GetScreenedToday.com](http://GetScreenedToday.com) or call 407-609-7395.



You can download a guide on colon cancer from the AdventHealth website.

## The Winter Park Playhouse

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GREETINGS FROM THE

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MARCH 20, 21, 22 • 2020

## About The Artist Victor Bokas

Victor Bokas grew up against a backdrop of palm trees, beautiful beaches, and sunbathers in the Florida Panhandle. These influences surface in his paintings through vibrant colors, tropical icons, and a measure of whimsy. Life's highway later brought Victor to Central Florida, in 1987.

In many of his pieces, he pays homage to his Greek heritage. A self-described "collector of kitsch," his studio is filled with vintage flea market finds. His collection is a source of inspiration and items from it are often incorporated into his works.

Bokas designed a 15-foot x 85-foot mosaic floor for Orlando International Airport's "A" Terminal, installed by Italian masters of natural stone and glazed enamel. Most recently, he also designed a wall installation for Orlando International Airport's "C" Terminal.

His paintings are included in corporate and museum collections throughout the South, and he has had numerous solo exhibitions. Bokas' career path includes nine years as the senior art director for Sea World and 20 years as the senior art director for Tupperware. Check out his website at [Victorbokas.com](http://Victorbokas.com)

"Springtime 2020 is a mix-media collage," said Bokas. "I wanted to incorporate many elements that are featured at the art festival. The iconic peacock is surrounded by paint brushes, artist palette, film strip, sculptures, roses from the garden, stain glass, fabrics and many other elements. The 'Winter Park-type treatment' also features some historical landmarks including the Langford hotel, Colony Sign, Rollins College, and Scenic Boat Tour. I hope the viewer spends time looking and finding different elements throughout the poster."



# The 61<sup>st</sup> Annual Winter Park Sidewalk Art Festival

## About The Festival

The Winter Park Sidewalk Art Festival is one of the nation's oldest, largest, and most prestigious outdoor art festivals. The Festival debuted in March 1960 as a community project to bring local artists and art lovers together. It is produced by an all-volunteer board and draws more than 350,000 visitors each year. Over 1,100 artists from around the world applied for this year's event. An independent panel of three judges selected the 225 artists exhibiting their works. The Festival consistently ranks as one of the top juried fine art festivals in the country. National accolades include the #3 in Art Fair Source Book's Fine Art Events, #6 ranking in Art Fair Calendar's "2019 Best Art Fairs", #1 in Best Southern Art Fairs and #6 in Sunshine Artist Magazine's "Top 100".

## CATEGORIES

The Festival features a wide variety of fine arts and crafts in the following categories: clay, digital art, drawings & pastels, fiber, glass, graphics and printmaking, jewelry, leather, metal, mixed media 2D, mixed media 3D, painting, photography, sculpture, watercolor, and wood, as well as our Emerging Artists category.

## AWARDS

Artists compete for 63 awards totaling \$74,500. The Best of Show purchase award was increased last year to \$12,000. The festival donates the Best of Show artwork to the City of Winter Park and they are on permanent display at the Winter Park Public Library. A \$5,000 "Art of Philanthropy" Purchase Award is sponsored by the Edyth Bush Charitable Foundation. A \$2,500 "Distinguished Work of Art" Award is presented through The Charles Hosmer Morse Museum of American Art. There are 10 Awards of Excellence of \$2,000 each, 20 Awards of Distinction of \$1,000 each and 30 Awards of Merit of \$500 each.

## MUSIC AND ENTERTAINMENT

Throughout the festival's three-day run, you will find free entertainment presented on the main stage located in north Central Park. The music begins with a high-profile concert on Friday night and continues throughout the weekend with a variety of outstanding local talent to compliment the festival experience.

## MERCHANDISE

The Winter Park Sidewalk Art Festival t-shirts and other memorabilia are available at three merchandise sales tents. The tents are located at the south entrance (Park and New England Avenues), at the center intersection (Morse Boulevard and Park Avenue), and at the north entrance (Park and Garfield Avenues). Posters will be sold at the three large merchandise tents. A vintage merchandise tent will be located next to the Festival headquarters at Park Avenue and Morse Boulevard. This year's poster is a mixed media collage called "Springtime 2020" by local artist Victor Bokas. After the Festival is over, you can still purchase this year's and past posters by visiting our website at [wpsaf.org](http://wpsaf.org).

## FAMILY FUN

Girls and boys can create their own artwork at the Children's Workshop Village. Easel painting is very popular, and local art centers and museums feature a variety of fun, hands-on art activities for children. Admission is free and participants may take home their artistic creations. The Children's Workshop Village hours are 10 a.m. - 4 p.m. on Friday, Saturday and Sunday. Easel painting is from 10 a.m. - 3 p.m. on Saturday and Sunday.

## LEON THEODORE SCHOOLS EXHIBIT

The place to discover the talented artists of the next generation is at the Leon Theodore Schools Exhibit where artwork by thousands of Orange County students is on display. The creativity and level of expertise displayed by these young artists will delight and amaze you. Be sure to check out this wonderful exhibit.

## COMPLIMENTARY BIKE CORRAL

Ride your bike to the festival and park it at the free Bike Corral provided by the Winter Park Pedestrian and Bicycle Advisory Board. It is located on Morse Boulevard across the street from the Amtrak Station parking lot. For more information, call 407-644-7207 or visit [wpsaf.org](http://wpsaf.org).



## 2020 Winter Park Sidewalk Art Festival Schedule Talent Lineup

### March 20 Friday:

4:00-4:30 p.m. .... Saagar Ace

4:30-5:00 p.m. .... O-Sky

5:30-6:15 p.m. .... The Redcoats

7:15-8:45 p.m. .... Smooth Jazz All Stars: FEAT; Jeff Kashiwa, Jackie Joyner, Steve Oliver and Nicholas Cole

### March 21 Saturday:

10:00-11:00 a.m.. Paint it Black

(Contemporary Classical)

11:30-12:00 p.m.. The Citrus Singers  
Girl Scouts Chorus

12:30-1:15 p.m. .. Suzuki Music Institute

1:45-2:30 p.m. .... Geez Louise

3:00-4:15 p.m. .... Patchouli

5:00-6:00 p.m. .... Will Patrick Jazz Band

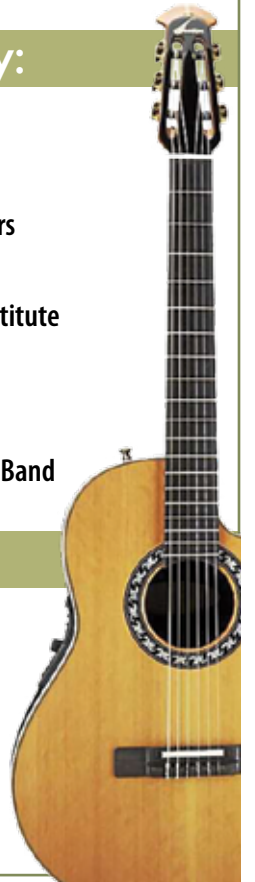
### March 22 Sunday:

10:00-11:15 a.m.. Flint Blade

11:45-12:30 p.m.. Big Tiki  
and The Mai Tai's

1:00-2:00 p.m. .... Dayve Stewart  
Band

3:00-4:30 p.m. .... Big Band Bach



**NO ANIMALS** are allowed (except certified service animals) in Central Park or on Park Avenue between New England and Canton Avenues during Festival hours per Winter Park City Ordinance.





**ARTIST NAME BOOTH #**

**CLAY**

Brian Beam	167
Elizabeth Borowsky	68
Paveen "Beer" Chunhaswasdikul	42
Patrick Dragon	5
John Herbon	40
Mina Heuslein	145
Paul Jeselskis	73
William Kidd	78
Andrew Massey	225
Kyle Osvog	47
Andrew Otis	206
Jim Parmentier	19
Jeff Pender	125
Al Scovern	161
Cheryl Mackey Smith	9
Reiko Uchytal	58

**DIGITAL ART**

Lea Alboher	179
McKenzie Fisk	106
R. C. Fulwiler	226
Geoffrey Harris	36
Kate Harrold	43
Dewey James	205
Alex Lanier	202
Richard (Rick) Lorenz	118
Greg Turco	229

**DRAWINGS & PASTELS**

David Bjurstrom	20
Roxane Chardon	239
Robin Frisella PSA-MP	251
Robin Lauersdorf	194
Clare Malloy	53
Brianna Martray	147
Lawrence Packard	212
R. Michael Wommack	2

**EMERGING ARTISTS**

Stephanie DeGuglimo	185
S.E. Gilchrist	186
Natalia Hubbard	187

**FIBER**

Billie Barthelemy	30
Annie Bisone	203
Bozena Bogucki	167A
Heather Cohen	171
Leah Dziewit	137

Deborah Falls	104
Selma Karaca	218
Traci Paden	232
Herion Park	70
Bounkhong Signavong	75
Mary Sly	62

**GLASS**

Tom Bloyd	165
Michael Hayes	77
Amber Marshall	76
Toby McGee	13
Marlene Rose	223
David Russell	71
Richard Ryan	200
Robinson Scott	8
Douglas Sigwarth	59
Thomas Spake	119
Mark Sudduth	130

**JEWELRY**

Barbara Bayne	183
Theresa Carson	107
Ann Marie Cianciolo	241
Nichole Collins	215
Don David	112
Pam Fox	154
Hilary Hachey	55
Christiane Hampel	3
Brenna Klassen-Glanzer	7
Serena Kojimoto	197
Birgit Kupke-Peyla	72
Theresa Kwong	153
Michele LeVett	132
Claudia Melchiorre	224
J. Nielsen	144
Michel Plumail	11
Melissa Schmidt	117
Victoria Varga	178
Francesca Vitali	233
Mary Watson	148
Shelli Wood	50
Youngjoo Yoo	136

**LEATHER**

Steve Edgar	34
Randall Herold	237
Mychal Mitchell	199
Gayle Roche	61
Horace Thomas	170
Alberto Toro	213

**METAL**

Andrew Carson	209
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Kue King	140
Kathleen Lapso	49
Luke Proctor	26
Carroll Swayze	31
Robert Taylor	116
David Vigo	38
Robin L. Washburn	253

**MIXED MEDIA 2D**

Kathrine Allen	48
William Armstrong	54
Sally Austin	23
Amanda Bennett	139
Mary Bielenstein	250
Lisa Burge	39
Gaston Carrio	127
Daphne Covington	57
Michel Delgado	204
Ummarid Eitharong	66
Mary Filapek	155
Benjamin Frey	105
Keith Grace	10
Debo Groover	120
Jenny Henley	159
Aaron Hequembourg	169
Stacia Hollmann	108
Rick Loudermilk	27
Michael Madzo	188
Cindy Olmes	64
Amanda Outcalt	240
Woody Patterson	208
Ronnie Phillips	227
Cameronitcher	249
Suzy Scarborough	60
James Whipple	193
Lynn Whipple	177

**MIXED MEDIA 3D**

David Burton	122
Kina Crow	129
Chris Cumbie	246
Rachaela DiRosaria	111
Bruce Furlin	45
Su Griggs Allen	173
Jack Hill	166
Amy Lansburg	103
Robert Matthews	198
Kipley Meyer	69
Gena Ollendieck	230
Amber Anne Palo	221
Mark Reynolds	211
Tim Rogers	238

**PAINTING**

R. L. Alexander	220
Marc Anderson	115
Stephen Bach	133
Kate Carney	126
Amy Carstensen	56
James Carter	141
Matthew Cornell	1
Rey D'Alfonso	79
Dean DiMarzo	189
Ummarid Eitharong	65
Janina Ellis	156
Leslie Emery	21
Charles Gatewood	25
Jonah Green	63
Bruce Holwerda	174
Jessica Ladd	255
Michelle Mardis	172
Bernard J Martin	17
Melissa Mastrangelo	135
Bruce Peeso	24
Damon Pla	248
Jeff Ripple	123
Sandra Rodriguez	222
Christine Schub	162
Lyn Sedlak-Ford	243
Ken Tutjamnong	244
John Whipple	191
Yu Zhou	12

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Heidi Thamert	236

**PRINTMAKING**

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Ronna Katz	6
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Gillian Kemper	181
Richard James Nelson	114
Scott Olson	52
Leslie Peebles	158
Stephen Sebastian	231
Marina Terauds	15
Kreg Yingst	228

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Domenico Belli	195
David Bryce	14
Larry Fox	46
Charles Hazelaar	152
Julie Latayan	142
Amy Lennard Gmelin	254
Rebecca Lowery	51
Vadim Malkin	182
Trent Manning	134
Nnamdi Okonkwo	157
Steven Olszewski	102
Charles Strain	110
Thomas Wargin	113
John Whipple	192
Kimberly Willcox	234

**WATERCOLOR**

Haosi Chen	196
Kuei Dorman	138
Randy Eckard	33
ZL Feng	168
Robert Flowers	245
Jim Holehouse	214
Aletha Jones	18
M Kemper	180
Robbie Lee	164
Bernard Martin	16
Michael Williams	163
Russell Yerkes	235

**WOOD**

James Barnes	4
Mark Gardner	74
Matthew Hatala	35
Ray Jones	207
Richard Judd	101
John Mascoll	149
Niall Mathieson	176
James Pearce	216
Dennis Peterson	67
Leslie Young	190
Scott Zuziak	151





pop culture detours *by George McGowan*

## Television As “Comfort Food”

Over the past few months, our television has been tuned to programs that were not usually on our radar. My favorite (and only) sister has been staying with us and let's just say that she enjoys her shows. She is a whiz with the remote and the DVR and is devoted to what I would call the television shows that are comfort food. Eileen prefers hour-long serials and she watches a bunch: both the “9-1-1s” (original and “Lone Star”), all the “Chicago’s” (Fire, PD, Med, Justice), “God Friended Me,” “The Good Doctor,” “Blue Bloods,” “New Amsterdam,” “The Rookie,” and the new “For Life.” And I think I am missing a few.

By “comfort food” I mean that these shows are easily digestible, high in calories, high in fat and high in salt. Ha-ha. Each one is an hour and wraps up its story (usually) within that hour. With a DVR, you can knock off a few “pounds” and get them watched in 40 minutes or so. I've learned the rhythm of these shows and can often predict the storyline or the plot twist, but who cares, they go down easily

and capping them off with some real ice cream makes for a nice, quiet, and relaxing night. Plus, you can watch these shows and see if they match up with some of the more ancient dramas of our human history.

The Greek philosopher Aristotle (in his *Poetics*) splits the one-hour television drama into two parts: “complication and unravelling.” A quick look at the online source of all intellect (kidding, actually Course Hero), we learn that “the complication is everything leading up to the climax, whereas the unravelling, or denouement, is the rest.” Oh, and by the way, Aristotle was really writing about epic poems, not TV dramas.

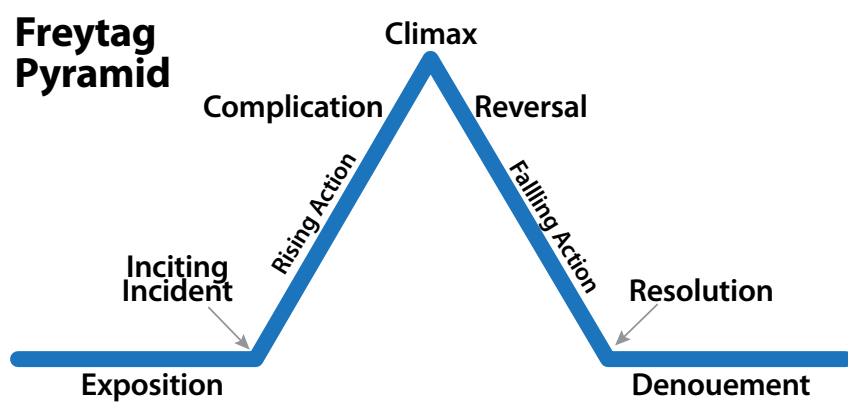
A bit later, in 1863, after watching a lot of “Star Trek” (again, kidding), a man named Gustav Freytag derived a pyramid to explain the make-up of a good drama. Mr. Freytag was a German novelist and playwright and broke down his analysis of drama into something called “play and counter-play” but I prefer to use the original (and fun to say) “Spiel and Gegenspiel.” Basi-

cally, if I am reading this right from my extensive research: this is the conflict between protagonist and antagonist. Freytag expands his analysis into five parts (or acts): exposition, rising action, climax, falling action, and denouement (a fancy way to say: conclusion).

And so we are not simply using Western sources for our study of drama, we turn to the East and the concept of Kishotenketsu, which describes the structure and development of classic Chinese, Korean, and Japanese narratives. This term is broken down as follows: Introduction (ki), Develop-

ment (sho), Twist (ten), and Conclusion (ketsu). It sure seems that the west and east have derived similar systems to create (and analyze) dramatic structure, doesn't it? It's just one great big and interconnected world, when you get right down to it!

In conclusion, I'm here to tell you that today's hour-long television dramas do not stray very far from these ancient dramatic frameworks. In fact, by using the handy visual accompanying this article, you too can analyze your evening's comfort food like a professional! Bon Appetit!

theater in the parks *by Paul Gicola*

## Emotional Journeys

“Last Train to Nibroc” by Arlene Hutton – Mad Cow Theatre, through March 8:

This is the first play in a trilogy written by Arlene Hutton, a Rollins College graduate. It is a love story that unfolds over a period of three years, from 1940 to 1943. The story opens with a chance meeting between May and Raleigh on a cross country train. Both are from small neighboring towns in Kentucky. She is heading back home after a breakup and he is recently discharged from the armed services. At first, they don't seem to have much in common. She is prim, proper, and reserved while he is an outgoing optimist even though his life isn't turning out the way he wanted it to. The romantic journey between the two of them isn't a fast-burning fire but one that smolders over time as each gets to know the other. They actually become friends, something that some romantic couples never seem to do. There are tragedies and separations but they keep coming back to each other. The actors Dalton Hedrick and Alexander Rose Horton are outstanding. Hedrick is warm, charming, likeable and honest. Horton's performance allows us to see that there is a brave and adventurous person beneath the exterior. The show is masterfully directed by Mark Edward Smith. I anxiously await to see the other two parts of the trilogy to see what happens next.

“From Here” by Donald Rupe – CFCArts, through March 15:

The show was first introduced last May at the Orlando Fringe Festival. At that time, I wrote that I thought it was one of the top shows of the festival. It has been further developed and expanded into a full production. It is a story of Daniel, a gay man in his 30s living in Orlando. He navigates the ins and outs of relationships with his estranged mother and his friends who become his family. Author Donald Rupe, the CFCArts director of theatre for the past five seasons, writes, “This show while not completely autobiographical is certainly the most personal thing I've ever written.” And indeed, he does let it all hang out. It is an emotional roller coaster. You will laugh and then want to cry. More musical numbers, collaborated with Jason Bailey, have been added to the show. “Why I like Gay Guys” sung by Dorothy Christopher and ensemble number “Gayme Night” are show stoppers. Blake Aburn gives an extraordinary and remarkable performance as Daniel. This on the heels of his outstanding portrayal of the tyrannical teacher in “Matilda” at Theatre South Playhouse. Over the past few years, I have watched him develop into one of Orlando's finest young actors.

UCF Celebrates the Arts:

This sixth annual event takes place at the Dr. Phillips Center from April 7 to 19. It includes offerings from the full spectrum of the arts. There will be a few changes this year. Instead of doing a big musical, there will be a “Musical Theatre Senior Showcase” (4/10-4/11) in which seniors will perform numbers from their dream roles. This will present a better opportunity for students to exhibit their

individual talents. In addition, there will be a dance program “Knight of Dance” (4/18). Other highlights include: “UCF Opera presents Rossini's *L'italiana in Algeri*” (4/17 and 4/19), “Project Spotlight presents *The Ultimate Field Trip*” (4/15). Orlando Shakes, a UCF partner, will present a staged reading of “Henry V.” More information at ARTS.UCF.EDU. Tickets go on sale on March 2 at noon. Exhibits are free and most performances are \$5 or \$10.



## CELEBRATE SPRING at the MORSE

Live Music, Tours and More

Fridays, March 6 – April 24, 5 p.m. – 8 p.m.

Winter Park Sidewalk Art Festival Open House

Friday, March 20, 9:30 a.m. – 8 p.m.

Saturday, March 21, 9:30 a.m. – 4 p.m.

Sunday, March 22, 1 p.m. – 4 p.m.

Easter Weekend Open House

Friday, April 10, 9:30 a.m. – 8 p.m.

Saturday, April 11, 9:30 a.m. – 4 p.m.

Sunday, April 12, 1 p.m. – 4 p.m.

ALL EVENTS ARE FREE



THE CHARLES HOSMER  
MORSE MUSEUM  
of American Art

MORSEMUSEUM.ORG

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**OTHER BEST BETS FOR MARCH:** “The Andrew Brothers” (Winter Park Playhouse); “Ben Hur” (Garden Theatre); “Urinetown” (Theatre UCF); “How to Succeed in Business” (Osceola Arts); “The Craving” (Breakthrough Theatre); “Rhinoceros” (Valencia College); “The Three Musketeers” (Orland Shakes); “Henry IV, Part 1” (Orlando Shakes) and “Xanadu Jr.” (Theatre South Playhouse).





Ayesha G. Shenk

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

## A New Hope

(Sorry - no Star Wars correlation)

Spring is coming... March promises the dawn of a new spring season and everything that comes therein. There's still a pleasant breeze in the air, baseball fields are filled with squealing children, and Spring Break is around the corner.

I grew up in New England and spring was especially welcome as March promised sweet relief from the interminable winter of February. Something particularly magical used to happen when spring sprung up north. Everyone's moods seemed to lift with the thawing of the snow. Trees starting sprouting new growth, people began to spend more time outside, the collective mood seemed better and even the sun seemed happier and more willing to shine. Because of the change in weather, we were offered a visceral experience of breaking through our own gloom and embracing a new hope.

Spring feels slightly different down here because, of course, winter is rather lovely here and most of us aren't looking forward to the daunting summer that comes thereafter. (Nor do we have

the environmental cues to get out of our own way and embrace the newness and promise of another season.) However, I would contest that we need spring down here just as much as anywhere else, we just have to make it happen for ourselves with greater mental and emotional discipline if the climate won't give us the cues.

You have now firmly left the madness of the holidays behind and settled into whatever will be your 'new normal' for 2020. The resolutions have turned into habits (hopefully) or memories (unfortunately) and this is officially life as we know it. We may have even stopped being grateful for friends and family and gotten accustomed to 'the grind' by this point in the year. Same job, same desk, same bills, same responsibilities, same routine...

So, is the predictability of all of those things offering you stability and steadiness or do you feel like you've just created a new 'rut'? If the answer is the latter, spring is your antidote!

How may it be possible to take a look around and make things in your life, in your pattern, in your family or in your job more fresh?

How can you bring NEW GROWTH to your life? Is there one thing, one event, one invitation,

one hobby, one conversation, one act out of your comfort zone towards which you can stretch?

Though an unfortunate truth, it is only during the times of greatest discomfort, strain, distress, etc... in which we are actualizing towards growth. It would be nice to think that when things are humming along and we're on autopilot that we're still 'doing our internal work,' but sadly this is not really the case. Every living thing must either be growing or dying- from its inception on.

Plants, animals, people, you name it - we're either actualizing or stagnating. If you find yourself in a mode of stagnation (this does not necessarily mean boredom - you could be staying still in dysfunction or chaos as well) - it is time to move forward. It is time to do the work, change the status quo, stretch, be more. Find your most honest self-reflection and decide whether it's truly what, where, how you want to be? You're still in the first quarter of the year and the world is your oyster!

May this spring find you "March-ing" onwards to a fresh perspective, a new hope and sustainable growth towards your highest and best self.

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.

## March Is National Nutrition Month

Make a commitment to eating healthier during March, National Nutrition Month. The Women, Infants, and Children (WIC) program at the Florida Department of Health in Orange County is encouraging everyone to *Eat Right, Bite by Bite*.

National Nutrition Month is a nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

This year's theme, *Eat Right, Bite by Bite*, promotes eating a variety of nutritious foods every day, planning and creating healthful meals each week, and the value of consulting a registered dietitian nutritionist.

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides federal grants to states for nutrition/breastfeeding education, supplemental foods, and health care referrals for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

For over 40 years, the WIC Program has been providing nutrition education and counseling. Registered dietitians and nutritionists help families develop lifelong healthy eating habits through one-on-one counseling and group classes, where they learn:

- What to eat during pregnancy and breastfeeding
- How to feed infants and growing kids healthy foods
- How to successfully breastfeed
- Shopping for healthy foods on a budget
- How to cook healthy, delicious meals

Florida's WIC Program operates 220 sites throughout the state where families improve their diet and food choices with the assistance of licensed nutritionists and nutrition educators. For more information, visit the Academy

of Nutrition and Dietetics at [www.eatright.org](http://www.eatright.org).

The department, nationally accredited by the Public Health Accreditation Board, works to protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).

**VOTE MARCH 17**

**Marty Sullivan**  
for  
**Winter Park City Commission Seat 1**

- Knowledge
- Experience
- Commitment

**Be a Smarty, Vote for Marty!**  
[www.marty4wp.com](http://www.marty4wp.com) [www.facebook.com/marty4wp](https://www.facebook.com/marty4wp)

**Run 4 Love**  
Presented by AdventHealth  
February 15, 2020  
Showalter Field, Winter Park

**AdventHealth WINTER PARK ROAD RACE 10k & 2mile**  
March 7, 2020  
Park Avenue, Winter Park

**run for the trees**  
28th Annual Jeanette Grimes McKinn Memorial 5k  
presented by Center for Health & Wellbeing  
April 25, 2020  
Showalter Field, Winter Park

**AdventHealth Watermelon 5k**  
July 4th  
Park Avenue, Winter Park

**RUN WINTER PARK**

**Track Shack**  
Est. 1977  
Orlando, Florida  
[TrackShack.com](http://TrackShack.com)  
SHOES | APPAREL | EVENTS  
1104 N. Mills Ave. | Orlando, FL 32803 | 407.898.1313





Stephen & Kristin Pategas

in the garden by Stephen and Kristin Pategas

Photographers noted in image captions.

# Months Of Colorful Foliage – Caladiums

The caladium growers in Lake Placid, FL continue to breed new colorful cultivars of caladiums. One place to locally find a good selection of bulbs is at the Winter Park Farmers' Market on selected Saturdays in March and April.

- There are two types of caladiums. Fancy-leaved caladiums are larger and heart shaped, while the more compact lance-leaved are narrow, elongated, and lend themselves for use in flower arrangements because of their lasting quality as cut foliage. They also work well in hanging baskets.
- Use caladiums in the ground, containers, or hanging baskets. Established caladiums push their foliage above ground starting in April as the soil temperatures rise above 60 degrees Fahrenheit. The foliage starts to decline many months later in late autumn as the temperatures decline.
- Plant caladium tubers (bulbs) with the pointed growing tips up, in well-draining soil and cover with one to two inches of soil. Keep them moist and fertilize every two months during the warm months. Leaf size and longevity are directly related to the size of the tubers and care. Here in Central Florida a two to three-inch layer of mulch protects the bulbs from the cold and they can stay in the ground. In colder climates, containers or dug bulbs can be stored dry in temperatures above 70 degrees.



Photo by Beth Giebler - "Two Pots Are Better Than One"

At right: photo by Jill Altomare - "You're So Vein, You Probably Think This Leaf Is About You"

### AND THE WINNERS ARE...

In 2019 the Caladium Photo Contest was launched. The three winners were awarded prizes and the images were shared at the Winter Park Public Library, added to the City Hall lobby monitors, and

posted on the Winter Park Blooms Facebook page. The three winners are shown here along with three additional entries. To enter this year visit [www.cityofwinterpark.org/kwpb](http://www.cityofwinterpark.org/kwpb).



1st Abbie Brown - "Superposition"



2nd Amanda Jorjoria - "Strawberry Sprinkles"



3rd Amanda Jorjoria - "Ruby Rivers"

### WHERE TO BUY CALADIUM BULBS...

Volunteers from Winter Park Blooms (a committee of the Keep Winter Park Beautiful & Sustainable Advisory Board) sell an amazing selection of caladium bulbs at the Winter Park Farmers' Market on Saturday March 14 and 28, and April 4, 11, and 18 from 8 a.m. to noon. They use the proceeds to fund beautification projects and to

host the America in Bloom judges who will visit Winter Park April 27th and 28th. Information and caladiums can typically be found at the base of the stairs to the historic freight depot. Check [www.cityofwinterpark.org/kwpb](http://www.cityofwinterpark.org/kwpb) and Facebook for KWPB&S and Winter Park Blooms news.

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@hortus oasis.com and visit [www.houzz.com/pro/hortus oasis/\\_public](http://www.houzz.com/pro/hortus oasis/_public).



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

### In Like A Lion...

It's the month where we finally feel like the holidays are over and pull anything with the color green out of our closets and claim Irish heritage (at least for one day). Of course, it is also the month we celebrate National Pi day on 3/14 and, as if we haven't felt rushed enough, we lose an hour for daylight savings time.

Here at the Winter Park Police Department, we mark the arrival of March with the annual St. Patrick's Day parade followed by the Advent Health Winter Park Road Race the following weekend and then the "granddaddy of them all" (as far as traffic/parking challenges go), the Winter Park Sidewalk Art Festival. For helpful information on the art festival, you can visit WPSAF.org. As you can see, March is a very busy time for the Police Department as we do our

best to ensure the safety of all of our visitors (we are expecting 300 to 350 thousand for just the Art Festival alone) and our residents during all of these events. We realize that these occasions mixed in with everyday life can cause you to become distracted so, we would like to take this time to provide you with a few helpful tips.

Prior to leaving for an event gather all of the items that you anticipate you will need, for example, your wallet, phone, sunglasses, and keys. Then place your purse or backpack in the trunk of your vehicle while at your residence. This prevents you being observed placing your items in the trunk when you arrive at your venue and possibly tipping off thieves that there are valuables in your vehicle.

When selecting a place to park, al-

ways consider the amount of traffic on the street or roadway adjacent to the parking area. Roads with more traffic equal more witnesses to anyone attempting to break into your vehicle. If you are unfamiliar with the area, take a picture of the street sign where you parked to make it easier to locate your vehicle later. If you plan on staying after dark, try to select a parking space under or near a street light.

Double check your glove box to ensure that you don't have a valet key in your owner's manual. Always make sure to lock your vehicle no matter how long you will be away from it. As the weather continues to warm up, it may be tempting to leave your vehicle running while you "run" into a store to pick up an item. Not only is there a chance that your vehicle will be gone when you

return, it is also against the law.

Last but not least, the biggest distraction is that cell phone in your hand. Texting while driving is against the law and can have tragic outcomes, and texting while walking can be almost as dangerous. Obviously, if you are staring at your phone while walking there is a good chance of walking into objects, into roadways, or onto surfaces that may cause you to fall. While watching your phone, you aren't paying attention to who may be watching you. Keep your phone handy but refrain from typing until you are safely in your vehicle or have arrived at your destination.

Now take a deep breath, begin chanting "I will make it through March" and prepare to buy some discounted candy the day after Easter!

## schools

### **Audubon Park School** PRINCIPAL TREVOR HONOHAN

A little rain didn't stop our Park Life Group Falcon 5K and Fun Run last month! Thanks to all the families, supporters, and sponsors who ran in our 5K through the Audubon Park Garden District. Our PTSA organized a wonderful event that brought people together and helped raise funds for our Falcon initiatives.

February also brought a celebration of Black History throughout campus. Students were engaged in projects, hearing from our weekly series of Black History Speakers and creating unique artistic expressions. We were honored to have Dr. LaVon Bracy visit APS and share her story of being the first African-American to graduate from Gainesville High in 1965. Her story is chronicled in the new children's book, *A Brave Little Cookie*. Dr. Bracy shared how she stood tall during difficult times and how she turned her pain into an inspiring book to teach others. Please visit [www.BraveLittleCookie.com](http://www.BraveLittleCookie.com) to learn more about this powerful story.

Congratulations are in order for our innovative students who recently were awarded \$6,500 to fund their ideas across campus. Special thanks to the OPCS Innovation Office who provided an opportunity for students to pitch an idea and receive funding to implement their ideas. From over 100 entries across the county, winners included Ms. Roberts' second-grade class for "Tortoise Sanctuary," Milla Helstrom/Katie Walker for "Swap Shop," and Tristan Guitton for "Florida Habitat Tank." We look forward to seeing these projects come to life!



Audubon Elementary School hosted a 5K through the Audubon Park Garden District.

### **Baldwin Park Elementary** PRINCIPAL ANNA FERRATUSCO

There's music in the air at Baldwin Park Elementary School. Students in grades K-5 experience a wide range of musical experiences both in the classroom and in the after-school music clubs. In the early grades, students are learning musical concepts through playful activities including song games, folk dances, instrument explorations, and even game-based notation learning. In the intermediate grades, the students explore lots of different kinds of music including folk music from America, Latin America, Asia, Africa, Europe, and Indigenous peoples and how music connects our humanity. The students connect music from the traditionally classical eras to modern day pop styles through a variety of instrumental activities.

Thanks to the generosity of our community and the support of our PTA and Bobcat Fund, our Bobcats enjoy playing instruments ranging from traditional classroom staples like hand drums, rhythm sticks, tambourines, and triangles. As they get older, a full range of instruments that are accessible and beautiful—known as an Orff Instrumentarium—includes xylophone-like instruments such as glockenspiel, xylophones, metal-bar xylophones and bass bars, small timpani, and more.

There is a World Music Drumming set of tubanos, sturdy conga-like drums, in three different sizes that allow the students to gain the benefits of drumming and collective music making while exploring other cultures. We are thrilled to have a classroom set of Ukuleles which are a great joy to the students as they discover the satisfaction of accompanying oneself in song, a soothing and empowering experience. Fourth and fifth graders may opt to take String Orchestra which is a twice-a-week class to learn to play the violin, viola, or cello. Our students in third and fourth grade are currently working on Recorders, simple woodwind instrument that allow for greater creativity and melodic flexibility than the xylophones. Recorder is also a great tool for developing musical literacy because it connects to musical notation so seamlessly.

Baldwin Bobcats are also very excited about our newest acquisition of modern band instruments that include electric, acoustic, and bass guitars; electronic keyboards; drum sets, including one

acoustic and two digital; and allow the students to explore pop styles and connect the music they enjoy outside of school to their own developing musical abilities.

This spring, as a culminating project for their music studies here at BPE, our fifth graders will be learning to use the digital sequencing and recording app SoundTrap to create their own compositions. This learning exposes them to the most modern way to create music and allows them to work as a producer as well as an artist. We can't wait to see what the students create!

In addition to these amazing experiences in the music classroom, the students are also invited to participate in after-school music clubs that allow them to pursue more concentrated interests. We have a choir, Wednesday Warblers, that rehearses a wide range of songs and performs at concerts, events, and even a Solar Bears Hockey game. Bobcats Rock! is an after-school modern band club that performs pop tunes as a cover band and lets our kids "rock out" their music skills. We have club offerings depending on demand that include TrebleMakers, an instrumental ensemble of Orff instruments and recorders, and a Ukulele Club for our strumming fans.

This spring, the BPE Players will present Disney's *Frozen Jr.* which is an hour-long musical theater production of the beloved movie and Broadway musical. The students get to combine acting, dancing, singing, costumes, sets, lighting – the whole experience of magical music theater. The students are doing a wonderful job preparing for the show and we can't wait to perform in April 2020.

## The Park Press

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



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schools

**Dommerich Elementary**  
PRINCIPAL KAREN VERANO



Dommerich Elementary is “wild about reading” in our Media Center this month. Our beautiful jungle mural was created by our own talented staff member, Sandra Pfeifer!

**Glenridge Middle School**  
PRINCIPAL CHRIS M. CAMACHO, EdD

Glenridge Middle School, thanks to our amazing PTSA, has a new look for our teacher mailroom. I don't think I can call it a mailroom any longer. It's more like a relaxation area for our teachers and staff. Our PTSA redesigned this entire area with a new paint job, new furniture, and a touch of love. I would like to thank our PTSA Board for coordinating this beautiful update to our school.

Also, I am proud to announce that our music department- Mr. Brannock, Mr. Dolinskiy, Ms. Gonzalez, and Mr. Sullivan- were recognized at the Florida Music Educators Association annual assembly for supporting 53% of our school, approximately 650 students, through the performing arts program. The success of our program is due to their love and passion of music. If you have not had the chance to attend a music performance, I encourage you do. You will be in for a show.

Finally, I would like to take a moment to share a view of social media. There is a power and danger to social media. I am reminded of a presentation shared earlier this year, coordinated by our PTSA and the FBI, on the dangers of social media. There is a great deal of research indicating it can lead to anxiety, stress, and social/emotional pressures on our young people. I encourage parents to closely monitor what your children are exposed to through social media and always have their login and passwords for any social media platform they may use. The world is changing and young people now have access to the entire world with their electronic devices. Therefore, it is important we monitor what our young people have access to.

Thank you again for all you to make us great. Always proud to be a Lion!

**Winter Park High School**  
PRINCIPAL MATTHEW ARNOLD

The WPHS Foundation has raised more than \$2 million over the last few years. With extremely low administrative costs, almost 98% of those funds have directly supported our academic, arts, and athletic/extracurricular programs. Thanks to their incredibly dedicated work, the most recent project -- the renovation of our media center -- is in its first stage of completion. The students are enjoying it, and we're looking forward to the next phase.

Students with our Culinary, Marketing, and Hospitality teams shined at the recent OPCS Culinary and Hospitality Competition. Among the accolades they won were 1st Place in Event Planning, 1st Place for Creative Marketing Campaign, 1st Place in the Dessert Category, and 3rd



Above: Winter Park High School's renovation of the media center is in its first stage of completion.

Place in Guest Services Case Study. The team finished second overall. Congratulations to all who participated!

**Winter Park Presbyterian PreSchool**

Our annual Patriot's Day was a huge success! All students - from young toddlers to VPK age - participated in this annual event. Classes made hats, banners, rocket ships, and shakers. We wore red, white, and blue and teachers read stories about our country's history. VPK classes voted for their favorite Letter Person from the Letter People reading curriculum. Finally, we walked around the campus square making patriotic music with our “instruments” while families cheered us on. Every year we look forward to this wonderful preschool tradition!

Our Spring Fling fundraiser is a fun-filled day of children's activities including a Mr. Richard concert, bounce houses, pony rides, train rides, an art room full of projects to make and take home, Indigo Dip 'n Dye craft, face painting, and a balloon artist. Adults will enjoy our Silent Auction with items up for bid

such as themed gift baskets, professional photography sessions, a week-long stay at a beach condo, attractions tickets, local restaurant gift cards, and much more! Proceeds will be used for preschool security enhancements. Wrist bands will be available at the door for \$25 per family. Adults do not need wristbands. The event is Saturday, April 4 from 11:00 a.m.-2:00 p.m. at 400 S. Lakemont Ave., Winter Park.

Registration for ages six months through VPK classes for the 2020/2021 school year is now open. Our school day runs from 9:00 a.m. until 1:00 p.m. with early drop off at 8:30 and extended day until 3:30 available. After-school enrichment programs are offered in soccer, gymnastics, music & movement, mixed sports, Spanish, art, yoga, nature discovery, ballet, science, and cooking. Please call to check class availability.



Above: The Winter Park Presbyterian Preschool Alligators VPK class made chef hats and carried cutting boards, pans, bowls, and wooden spoons to make music in their Patriot's Parade Culinary Chorus. Below: The Winter Park Presbyterian Preschool Koalas VPK class made hats, flags, and rocket ships to carry during the Patriot's Day parade.



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- Six months through VPK programs 9:00 to 1:00
- Early and extended day hours available
- Enrichment programs include Spanish, art, soccer, ballet, cooking, nature, music, science, yoga, gymnastics and mixed sports

www.winppc.org/preschool



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# COMMUNITY CALENDAR

## Audubon Park Garden District Events

### Ongoing Events

**Every Monday night Community Market** – 6:00 to 10:00 p.m. at Stardust Coffee parking lot located at 1842 E. Winter Park 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/](http://orange.ifas.ufl.edu/res_hort/).

**March 19 "Cultivating the Wild: William Bartram's Travels" by Robert Wilson** - 7:00 p.m. in the Camellia Room of Leu Gardens located at 1920 N. Forest Avenue. The program is free and no reservations are necessary. Sponsored by Orange Audubon Society. For more information, please visit [www.orangeaudubonfl.org](http://www.orangeaudubonfl.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/](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. 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. The 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](http://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 are 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

## MARCH HIGHLIGHT

**61<sup>ST</sup> ANNUAL WINTER PARK SIDEWALK ART FESTIVAL, MARCH 20 - 22, 2020**

In Winter Park's Central Park along Park Avenue.  
**9 a.m. to 6 p.m. Friday and Saturday.**  
**9 a.m. to 5 p.m. on Sunday.**

**This free event features 225 artists from around the world. The festival draws more than 350,000 visitors. The show has a wide variety of fine arts and crafts. Artists compete for 63 awards totaling \$74,500. Music and entertainment is free on the main stage.**



and New Hampshire.

**March 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. For more information, please visit <http://www.ocrea-fl.org> or call 407-843-6909.

**March 7 8th Annual Orange County Master Gardener Volunteer's Garden Festival and Plant Sale** - 9:00 a.m. to 4:00 p.m. at the Orange County Extension campus located at 6021 S. Conway Road. The event is the primary fundraiser for the Master Gardener program which assists Orange County residents with plant and soil related questions, engages with 4-H groups, and supports local schools with gardening and plant education.

**March 14 2020 Milk Run/Walk Family 5k** - 7:30 a.m. at the UF/IFAS Extension Orange County located at 6021 S. Conway Rd. For more information or to register for the race, please visit [www.milkrun.org](http://www.milkrun.org).

## 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](http://www.maitlandpl.org).

**March 12 World War II Novelists Jan Eliasberg and Kristin Harmel** - 7:00 p.m. at The Roth Family JCC. This discussion will include a Q&A, book sale and signing, and light refreshments. General admission is \$5. Meet & Greet is \$40 (includes admission and choice of one book). For tickets: <https://orlandojcc.org/calendar/visiting-author-jan-kristin>.

**March 15 Zen Birding Yoga** - 9:00 to 10:30 a.m. at the Audubon Center for Birds of Prey. All experience levels welcome; please bring your own water bottle and yoga mat. A fee of \$15 covers the yoga class, plus a Center tour and admission. Tickets are required for this event. For more information, please call 407-644-0190.

## 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, Wednesday, Friday and Saturday Winter Park Benefit Shop** - The shop is located at 140 West Lyman Avenue and is open from 9:30 a.m. - 2:00 p.m. on Tuesdays, Wednesdays, Fridays, and Saturdays. Donate or purchase clothing, bedding, jewelry, kitchenware and more. Proceeds benefit various children's programs and the local branch of Orlando Blind. The shop is also looking for volunteers. For more information please call 407-647-8276.

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

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

**Every Sunday Winter Park Running Group** - 7:00 at Park Avenue and Welbourne. The group now includes members who walk exclusively, those who both walk and run, and those who run exclusively. It is very eclectic, and has an age span from people in their 20s through 80s. New participants are always welcome to join. For more information, please email [jackgallagher534@gmail.com](mailto: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](http://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.

**March 7 AdventHealth Winter Park Road Race** - 7:00 a.m. at 251 Park Avenue. Proceeds benefit the Meridian Club of Winter Park Scholarship Fund and the Track Shack Youth Foundation. Run to [www.winterparkroadrace.com](http://www.winterparkroadrace.com). Registration is required.

**March 11 Winter Park Garden Club General Meeting** - 10:00 a.m. at the WPGC building located at 1300 S. Denning Drive Program: "Medicinal Herbs for Your Florida Garden." For more information, please call 407-644-5770.

**March 14 and 28 Caladium Bulbs at Winter Park Farmers' Market** - 8:00 a.m. to noon. Proceeds benefit Winter Park Blooms and their beautification projects.

**March 16 "Making it in the Shade" presentation by Stephen and Kristen Pategas of Hortus Oasis** - 6:30 p.m. to 8:30 p.m. at Harry P. Leu Gardens. To register visit: <https://www.leugardens.org/classes/> or call 407-246-2620.

**March 18 Music at the University Club** - 1:00 p.m. featuring Two Guitars and an Oboe playing Piazzolla and Ravel at the Winter Park University Club, 841 North Park Avenue. Open to the public. Donations appreciated. For information call 407-644-6149 or visit [www.UclubWP.org](http://www.UclubWP.org).

**March 20, 21, and 22 61st Winter Park Sidewalk Art Festival** - 9:00 a.m. - 6:00 p.m. Friday and Saturday; 9:00 a.m. - 5:00 p.m. Sunday. Located at Central Park along Park Avenue. For more information, please visit [wpsaf.org](http://wpsaf.org).

**March 28 The Great Duck Derby** - 10:00 a.m. to 2:00 p.m. at Mead Botanical Garden located at 1300 S. Denning. The Duck Derby, a spring-time tradition, features little yellow rubber duck races and lots of fun, free activities. It's just \$5 to adopt a little race duck or \$20 for a 5-duck quack pack. All other activities are free.

**April 4, 11, and 19 Caladium Bulbs at Winter Park Farmers' Market** - 8:00 a.m. to noon. Proceeds benefit Winter Park Blooms and their beautification projects.

**April 18 Earth Day at Winter Park's Shady Park** - 10:00 a.m. to 2:00 p.m. sponsored by Keep Winter Park Beautiful & Sustainable. Free event with educational sessions, activities, and displays.

**April 21 League of Women Voters Showcase/Orientation** - 6:30 to 8:30 p.m. at the Winter Park Community Center, 721 W. New England Avenue. For more information or reservations, please visit [LWVOC.clubexpress.com](http://LWVOC.clubexpress.com), or call 407-608-2300.

**April 25 Run for the Trees 5k** - 7:30 a.m. at 250 Perth Lane. Proceeds benefit the Winter Park Tree Replacement Fund. Run to [www.winterparkroadrace.com](http://www.winterparkroadrace.com). Registration is required.





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