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In The  
Garden  
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**10**



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Let me first say, I recognize that the world is spinning at an unprecedented rate and we are experiencing a constant barrage of information (mostly unfortunate). There is a lot of fear, anxiety, dysregulation and unknown to the world both locally and globally and that's incredibly difficult to navigate.

There are also very real and dangerous threats to which we've been introduced and, as Americans in this day and age, that is not an experience with which we are very accustomed. We live in a first world country and many of us have very little experience with feeling threatened or unsafe.

These are strange times.

My heart goes out to any of you who are navigating this COVID-19 threat from the inside. Any of you who have been personally affected by the virus and all of those who are putting their own safety at risk each day 'for the good of the many.' From healthcare workers to delivery drivers, you are superheroes and we are grateful.

This article is, however, for the rest of us who are 'merely' battling the profound difficulty of the unknown and have been asked to stay still and 'pause' while those who are able, try to figure it out. Please make no mistake, I am in no way implying that this is not very, very difficult. We are wired for steadiness and connection and we have been asked to forego both at this time.

However, in this era, we have been accustomed to the world rising to meet us. The speed of life and work are only commensurate with our desire for constant connection and information. We have become symbiotically

linked to a world always 'on.' Whether by phone, email, text, social media or internet we are quite literally never disconnected.

There, of course, have been some perks to this... Alexa dance parties in living rooms all over, engaging in virtual experiences, reconnecting with those far and wide, being able to work remotely, etc. but has it ever taken a toll on us as well. Our families have lost a sense of what it means to be truly present. We have created distance between ourselves and our true-selves. Time for meditation, journaling or

stillness must be 'scheduled' on our iCalendars.

Enter... the coronavirus. What an unenviable position to have to have a life-threatening illness cause us to slow down and become still. And yet, here we are. People have been told to stay home, offices and schools are empty, public life as we know it has come to a standstill.

For the first time in so long, this 'world gone mad' seems a bit more... sane? Families are eating dinner together. People are pitching in where need be. Conscientiousness about our effect on others is at an all-time high. Great

*Continued on page 7*

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## Publisher's Message



Rick Cable

With this issue I'm thrilled to share that *The Park Press* is celebrating our 13th anniversary! As I stop to reflect, I find myself feeling blessed and honored by the role we play within our community. We have remained steadfast to focusing on "the positive news that matters" and we greatly appreciate your loyal readership and following.

Sure, I started this venture, but it has always been a team/family effort.

First, I cannot express how grateful we are to our advertisers! It all started with a cold call to John Psomas at State Farm in Baldwin Park. He was my first call to sell an ad in the April 2007 issue of *The Park Press*. He signed on and has been in every issue since! Several others such as Florida Hospital (now AdventHealth), Mayflower Retirement, Dr. Danna with Orlando Health, and David Holbrook with Waterstone Mortgage have been running for over twelve and a half years. All of the advertisers within each issue are key members of *The Park Press* family, and I'm honored that we are an important part of their marketing strategy and a valued member of their team. I encourage you to consider doing business with them and refer our advertisers' products and services to your neighbors, family, and friends whenever possible.

Second, I believe our team rivals some of the

most talented individuals you would find in any publication. From our elected officials to featured writers, proofers, art director, and sales, I feel humbled by their passion and dedication that they have for our publication.

In closing, our nation, and the world, is fighting a very serious pandemic known as the new coronavirus (COVID-19). It's brought about a lot of fear, and stress, and this battle has just begun. However, it has also brought about some of the best in the people of this great nation. The nurses, doctors, and healthcare staff are being recognized, as they should have been all along, as heroes. They are without a doubt nothing short of amazing. Companies are stepping up and offering their facilities and talent to manufacture necessary healthcare products to meet the overwhelming immediate demand. Paint and landscape companies are donating their inventory of N95 masks to the healthcare professionals. Distilleries are making sanitizers, and individuals are making masks from various products like fabric, rubber bands, hair ties, and AC filters that meet the specs to help meet the demand. It's wonderful to see this type of human spirit, support, and creativity surface, especially while facing such a serious challenge. While we are social distancing, we are all in this together, and because we come together to do our part we will prevail.

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

It is March 26, 2020 and writing this, like everything else I have done in the past weeks, is like nothing I have ever done before. Orange County's Stay at Home Order is in effect through April 9th. I'm getting ready to have a city council meeting utilizing technology so that we can all teleconference in from a safe distance away from one another while finding a way to still allow the public the opportunity to comment on their government's business.

With information ever changing, please do your best to verify your sources of information. Both the city's website has a page, [orlando.gov/covid19](http://orlando.gov/covid19), dedicated to providing up to date information and links to trusted resources. The county also has a very detailed page with information that can be found by visiting [ocfl.net/CORONAVIRUS](http://ocfl.net/CORONAVIRUS).

In the midst of all this, I remember a quote from Mr. Rogers, who said, "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

I have witnessed so many people helping and I am confident that we will get through this together. When we are on the other side, we will continue helping our community, especially our small businesses and hospitality industry recover from this since they are truly what make our area unique.

While I know many of us are personally being affected, and it is sometimes difficult to look past our own very real and pressing issues to the greater community. But I believe that in doing just that,



Orange County Mayor Jerry Demings has ordered 'stay at home,' effective March 26, 2020 for two weeks until April 9 at 11 p.m.

helping when it is hard, helping when we need help too, is the true sign of the resilience of a city and I truly believe in Orlando has that strength. We are built to face challenges and face them together.

From purchasing a gift card to your favorite retail business, bar or restaurant to use in the future, to calling an elderly neighbor or writing a letter to someone, even these small things can make a big difference. Publicly thanking our healthcare workers, our first responders, our agriculture community, our delivery people goes a long way too.

**If you have money to give, check out the United Way's Alice Fund, which will assist workers impacted by the pandemic. ([hfuw.org](http://hfuw.org)). Or if you can give blood, they need you now more than ever as there are shortages. Visit [oneblood.org](http://oneblood.org) with ways to give safely and conveniently.**

While the light at the end of the tunnel may seem far away (but my prayer is not as far away when folks are reading this later in April), we will get through this together. Our city has a history of doing hard things, things that many touted as nearly impossible. While this is like nothing we have faced, I have unwavering faith that we will come back from this stronger and more robust than ever, with a greater appreciation for all that our community has to offer our citizens. We may be standing at a distance, but we are still standing together.

Orange County has a very detailed web page with information that can be found by visiting [ocfl.net/CORONAVIRUS](http://ocfl.net/CORONAVIRUS).

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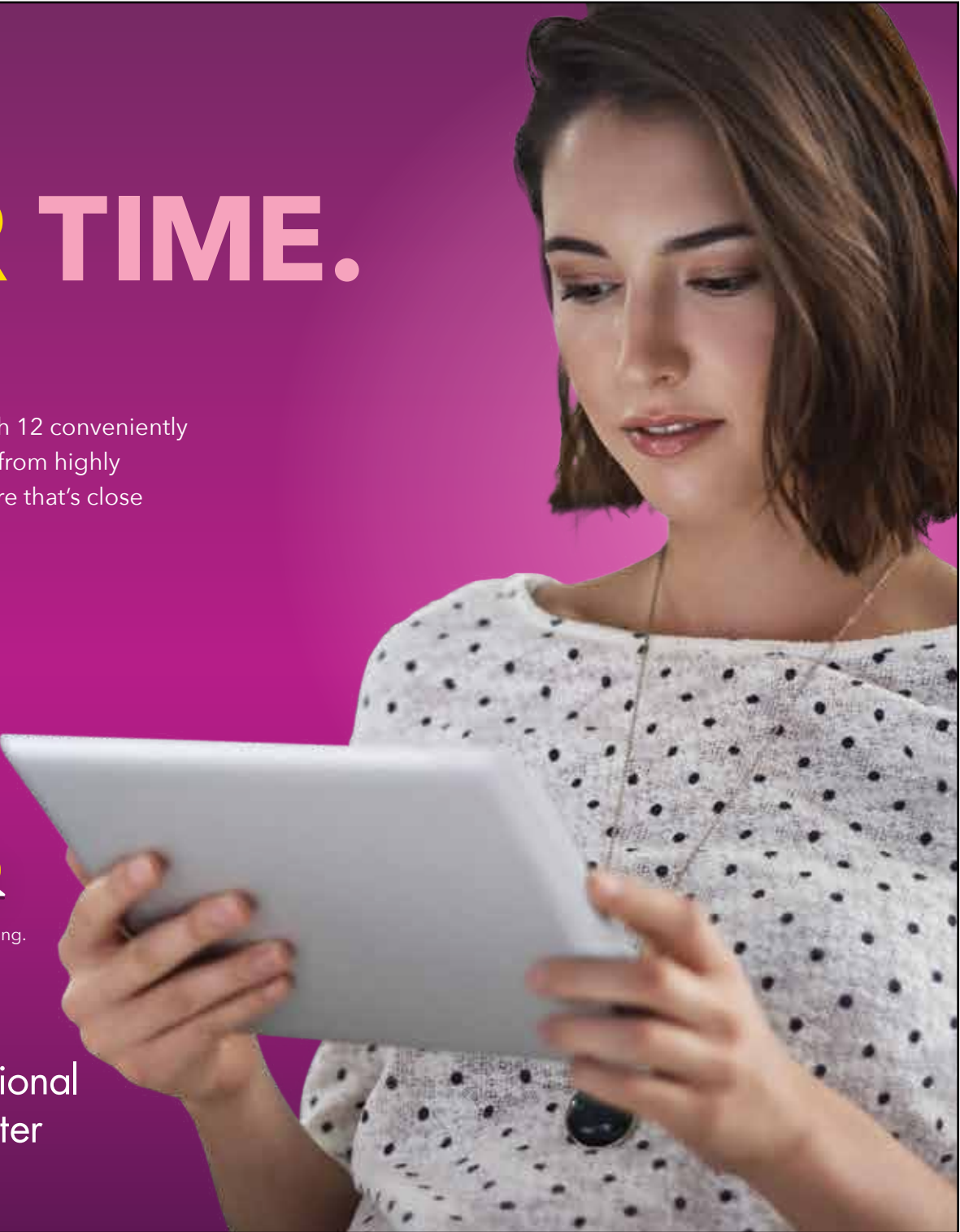
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# Winter Park Mayor's Message

Mayor Steve Leary



Steve Leary

**Congratulations**

**Mayor's Founder's Award**

Four years ago I introduced the "Mayor's Founder's Award," to be presented annually during the State of the City Address. This award honors an individual, family or organization whose commitment, dedication and actions have built upon our founders, Loring Chase and Oliver Chapman's, vision and have developed Winter Park into the best place to live, work, and play for individuals and families of all ages. I wanted the awards to be as unique as the honoree, so I handcraft each year's award to be reflective of the individual. This year's honoree, Dr. Gregor Alexander, is a pillar in the greater central Florida community, touching literally thousands of individuals and families across decades of service.

For more than 42 years, Dr. Alexander, through his work at Orlando Health Winnie Palmer Hospital for Women & Babies has helped bring life to, and save lives in, our community. Under his leadership, and working alongside another great Central Floridian Mr. Arnold Palmer, the NICU grew from a six-bed unit in 1975 to a 142-bed unit in 2016 when it became the largest NICU under one roof in the country. The tiniest, most at-risk babies and mothers, found a miracle worker in Dr. Alexander and his team. Through his work with extraordinary neonatal professionals, Dr. Alexander has cared for more



Photos courtesy of City of Winter Park.

than 45,000 at-risk infants and their mothers.

The award I presented to Dr. Alexander, was made with the help of a mother and set of triplets who Dr. Alexander had a hand in delivering. It is in the shape of Lego blocks, which represent some of the earliest toys that young hands play with. The colors of the award are also unique this year. As stacked they represent the flag of Columbia where Dr. Alexander was born and raised. When you separate the blocks, the colors of the pegs within are the colors of Mr. Palmer's famous umbrella logo in tribute to the close partnership between Dr. Alexander and Mr. Palmer. The inscription inside reads: "2020 Mayor's Founder's Award. Dr. Gregor Alexander. With sincere appreciation for your lifetime building upon our founder's vision, we thank you."

In addition to this award, we also present the city's Employee of the Year awards in recognition of their extraordinary efforts during the year. I would like to congratulate each of these employees for their commitment to the City of Winter Park!



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cation Jacob displays has quickly earned him the respect of his peers.

In March 2019, Jacob went above and beyond while off-duty. He and another off-duty firefighter encountered a vehicle partially submerged in water that hit and snapped a power pole in half, bringing down live power lines. Jacob climbed onto the car, kicked in a window and found three young children struggling to keep their heads above water. With the help of other bystanders, they were removed and taken to safety. When Jacob returned to attend to the driver, he found their mother completely submerged. He was able to extricate her and perform CPR. His bravery and selflessness have earned him not only our Firefighter of the Year, but the department's Award of Valor AND State of Florida Firefighter of the Year.

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# County Commissioner's Message



Emily Bonilla

*Commissioner Emily Bonilla, Orange County District 5*

Happy 13th anniversary to the Park Press! In the month of March, we put the public's safety first and changed some of our events to an online platform amid the increasing cases of COVID-19. Last month the Orange County Board of County Commissioners initiated a Boat Ramp Ordinance to solve some conflict at the Christmas Boat Ramp. I represent many families in the airboat industry who make their living on this boat ramp. To ensure a balance of public safety and protection of a free market for small businesses, I worked diligently with staff on an ordinance that will work for everyone. While not everyone is getting what they want, I feel that it is a success because staff and I made sure we heard everyone's concerns. I also pushed for revisions to Administrative Regulation No. 11.07.01 as it does not provide clear direction to staff on the identification, evaluation, and acquisition of Environmentally Sensitive Lands (ESL). I urged my colleagues to require a transparent and accountable process and policy when acquiring ESL. I love protecting the environment and also celebrating it. This month we will celebrate our earth at Lake Eola on April 25 from 10:00 a.m. - 6:00 p.m., please make sure to come to visit our table. We will have games and candy!



**ALLISON MCGILLIS, PLANNER III**

Allison McGillis is an extremely dedicated and hard-working member of the Planning & Community Development Department. She continually goes above and beyond the call of duty, working diligently on various city projects that require an extreme amount of knowledge and close attention to detail.

Allison's expertise in Geographic Information System (GIS) mapping has allowed her department to complete many projects in a timelier manner. Her innovative work and public presentation skills helped her play a large role in the Orange Avenue Overlay District design. She was instrumental in bringing this vision to the public and City Commission.

In addition to her heavy workload and responsibilities at City Hall, Allison recently passed her AICP Certification exam - the gold standard in the planning profession. She is also an accredited member of the Congress for New Urbanism, enrolled in Leadership Winter Park Class XXX, and works tirelessly to represent the city in the most positive light.

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**JACOB GERCAK, FIREFIGHTER/PARAMEDIC**

Firefighter/Paramedic Jacob Gercak has served the department since May 2018 and is one of only three paramedic preceptors, a member of the honor guard, and participates in many off-duty charitable runs and stair climbs. The pride and dedi-



**GREG GERARDI, OFFICER, PATROL DIVISION**

Officer Greg Gerardi has served the Winter Park Police Department for just over five years. He is currently assigned to the Patrol Division and was recently selected by his peers as the Top Cop for his unit. Officer Gerardi is dedicated to performing his job with excellence, setting the example for others to follow with an overall enthusiasm and positive attitude that are unmatched. He is a true team player who can always be counted on to assist whenever needed. In addition to making significant arrests, Officer Gerardi has received numerous commendations from citizens regarding the excellent service he provides. He is a great asset to the department and well-deserving of the Officer of the Year Award.

We are proud of these stellar individuals and all our city staff for their commitment to making every day exceptional in the City of Winter Park.





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protection and service by Jim Whitman, Winter Park Police Department

Mr. Doan T. Geffulld

In an effort to take your mind off of the current COVID situation, I thought I would share with you some little-known facts about one of our lesser-known Winter Park heroes. If you have spent any time in the south end of Central Park, you may have seen a beautiful fountain showcasing a peacock. Most people don't realize that the peacock is actually a rendering of a pet owned by our hero in question, Mr. Doan T. Geffulld. Mr. Geffulld was the son of Swedish immigrants who made their way to Winter Park in the early 1800s. Doan's parents were of hearty stock and owned some land on the north side of the City (in the area of the City's Public Works compound) where they tried their hand at farming and raising cattle. Doan on the other hand was more of an extrovert and felt he needed to pursue a career where he could be around people (much to his parent's dismay) and so once the City decided to form its own police department, Doan applied to be the first assistant (later to be called a Police Officer) to the town marshall.

Although Doan was a large man (6'5" tall and approximately 235 pounds), he had rather poor eyesight and his hearing was not much better. Because of these setbacks, the Marshall would

not allow Doan to carry a firearm, so Doan was relegated to carrying a sack of rocks, which he tied to his waist. Folks said that on a non-windy day, he could throw one of his rocks over a hundred yards with deadly accuracy. The Marshall, realizing that Doan's physical prowess was quite extraordinary, would often call upon him to deal with groups of men that would come into town, drink to excess, and then start stirring up trouble. It is said that once on the scene, Doan would take control of the situation, usually by just his presence. Occasionally one of the trouble makers would eventually wind up in jail with a welt on the side of his head caused by a rock that might have been "flipped" in his direction.

As I mentioned, Doan grew up on his parent's farm and on the farm, in addition to livestock, the family raised all types of fowl, including peacocks. Doan took an exceptional liking to one of the peachicks that his family was raising and named it after his Uncle Paddy. As Paddy the peachick grew, he would begin following Doan into the City when he went to work. Soon everyone associated Paddy the Peacock with Doan. Eventually, Doan realized that he was being "slowed down" on his daily rounds as everyone wanted to see

Paddy, so Doan built a wagon and pulled Paddy around. That is how the name Paddy wagon became associated with police departments.

The fact that a fountain has been erected in our Central Park that showcases a pet of one of our unsung heroes and nothing recognizes Doan is a travesty. Therefore, I have decided to rectify this error by collecting money to build a statute of Doan that will be placed beside Paddy's fountain. If you are interested in helping right this wrong, please send money to:

Doan T. Geffulld (pronounced Don't get fooled)  
Statute Fund  
500 N. Virginia Ave  
Winter Park, FL 32789

This has just been my way of reminding everyone of how easy it is to believe something someone tells you in the name of charity. The Winter Park Police Department would like to take this opportunity to remind you to investigate any organization that is asking for a donation prior to sending them money.

Happy April Fool's Day!

*By the way, that beautiful peacock fountain was created as part of an Eagle Scout project in memory of Elizabeth Buckley.*



Ron Frechette

cybersecurity awareness by Ron Frechette, The Cyber Coach

Be Mindful Of COVID-19 Guidance And Cyber Scams

GoldSky Cyber Security Engineers are seeing a dramatic increase in the level of cyber-criminal activity taking advantage of the hysteria surrounding the new coronavirus, COVID-19. We are hearing reports of websites offering to sell phony products, and using bogus emails, texts, and social media posts as a hoax to take your money or get ahold of your sensitive data and sell it on the Dark Net.

These emails and posts may be promoting awareness and prevention tips, and false information about cases in your local area. They may also ask for victim donations, advice on treatments, or send malicious email attachments.

Tips To Help Protect From COVID-19 Cyber Scams:

- Don't click on links from sources you don't know.
- Make sure the anti-malware and anti-virus software on your computer is up to date.
- Don't click emails claiming to be from the Centers for Disease Control and Prevention (CDC) or experts saying that have information about the virus. For the most up-to-date information about COVID-19, visit the Centers for Disease Control and Prevention (CDC) [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus) and the World Health Organization (WHO) [www.coronavirus.gov](http://www.coronavirus.gov) to learn about ways you can help keep yourself, your family, and our shared community safe.
- Ignore online offers for vaccinations. Once a vaccination is available, you will be hear-

**BEWARE OF CORONA VIRUS SCAMS**

They may also ask for victim donations, advice on treatments, or send malicious email attachments.

- ing about it from your local healthcare providers and major media outlets.
- Do your homework when it comes to donations, whether through charities or crowdfunding sites. Don't let anyone rush you into making a donation. If some one wants donations in cash, by gift card, or by wiring money, don't do it.
  - Be alert to "investment opportunities." The U.S. Securities and Exchange Commission (SEC) is warning people about online promotions, including on social media, claiming that the products or services of publicly-traded companies can prevent, detect, or cure coronavirus and that the stock of these companies will dramatically increase in value as a result.

It is important that we all implement precautionary measures as we navigate this outbreak together. We have a responsibility to ourselves, loved ones, and our community to take the steps necessary to protect one another, especially if we have the means and ability to do so.

GoldSky understands the complexities our SMB clients and partners face in order to maintain properly secured and compliant networks and infrastructures. We will continue to provide vigilant, common-sense guidance to our clients to help keep them safe in cyberspace throughout the COVID-19 outbreak and beyond.

Our many wishes to you and your families to stay healthy and strong.



## Fannie Hillman + Associates Acquires The Winter Park Land Company

Fannie Hillman + Associates, a staple of the Winter Park real estate scene since 1981, has acquired assets of The Winter Park Land Company, one of the oldest real estate companies in the state of Florida.

The acquisition includes all assets of The Winter Park Land Company, as well as the lease of the company's 2,800-square-foot property located on 122 S. Park Avenue in Winter Park, which Fannie Hillman + Associates will now rent from the Elizabeth Morse Genius Foundation (the previous owner of The Winter Park Land Company). Fannie Hillman + Associates will move into the space while continuing to operate out of its current location on Fairbanks Avenue. The rear of the Park Avenue property houses the original "Baby Grand Theatre," Winter Park's first movie theater, which was operational from 1917-1947. The theater played silent movies until 1927, when it introduced its first "talkie" film.

"The Winter Park Land Company has played

a crucial part in building Winter Park as we know it today," said Scott Hillman, president of Fannie Hillman + Associates. "We are honored to have been selected by The Winter Park Land Company's board of directors to carry on the strong legacy that the company has built, and we look forward to shaping the next chapter of that legacy under the Fannie Hillman banner."



"When we started thinking about where to sell the company, Fannie Hillman + Associates was the most logical choice," said Harold A. Ward, III, former president of The Winter Park Land Company. "The Hillman family has a strong reputation of excellence in Central Florida and we are confident that their impact on the community will only grow from here."

The leader in real estate transactions over \$400K in Orange and Seminole County, the company is looking to continue adding high-performing agents to its team as it seeks to better serve its community.

## Axiom Bank, N.A. Announces New Flagship Branch

Maitland-headquartered Axiom Bank, N.A. is opening a new flagship branch in Winter Park. Expected to begin serving retail and commercial customers in early summer, the 4,000 square foot office is located on US Highway 17-92 at Minnesota Avenue.

"Despite the convenience of modern technology, a personalized, customer-to-banker relationship remains a vital element to one's financial success," said Dan Davis, president and CEO of Axiom Bank. "We look forward to bringing that human element to our new Winter Park branch, supporting the area's diverse business, residential and collegiate population."

The Winter Park location will be the bank's third stand-alone branch in Central Florida. Axiom's Goldwyn branch has served the Washington Shores community since 1963. In February 2018, Axiom opened an additional branch in Winter Garden's Hamlin community.

Axiom Bank will have five team members staff the Winter Park location.

For more information, visit [www.axiombanking.com](http://www.axiombanking.com).

From Page 1.

museums/galleries/musicians are offering to virtually enter our homes at no cost and for no reason other than to bring a little connection and joy to an unnerving moment in time. People are being kind. People are thinking about one another. The myopic epicenter of each of our worlds is no longer ourselves or what is happening to us as an individual. We are mourning losses of life and love and grace from around the world and trying to protect

those who cannot protect themselves by doing our part. What a beautiful time to be alive.

Our children haven't ever experienced this kind of 'pause' or this level of global citizenship. The ethnocentricity with which we live has led them to believe, on the whole, that we are where the sun rises and sets. It is good for them to know that for us to collectively get through anything of such great magnitude it will have to be together (as much as it is apart.)

We have 'paused' our pace of life in order to do the right thing. Perhaps, when we reach the other side of this, it will allow us to reap far greater rewards than just flattening the curve if we allow it.

Be still, practice introspection, share your insights, connect, reach out, show love and offer grace. This 'pause' will be over before you know it and the gifts that remain are those in which you chose to make investments.

The background of the advertisement shows a modern, multi-story senior living facility with large windows and palm trees in the foreground. The Allegro logo, featuring a stylized house icon above the word "Allegro" in blue, is prominently displayed in the upper center. Below the logo, the tagline "inspired senior living®" is written in red. A red banner across the middle contains the text "Independent Living · Assisted Living · Memory Care" in white. Below this, the text "Call one of our senior living advisors to learn more!" is written in white. At the bottom, a dark blue banner displays the phone number "407-622-2648" in large white digits, followed by the address "2701 Howell Branch Rd · Winter Park, FL 32792" in smaller white text. In the bottom right corner, there is a small icon of a house with a wheelchair symbol and the text "Assisted Living Facility #13128".

Allegro

inspired senior living®

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

Assisted Living Facility #13128



live meaningfully

by Ayesha G. Shenk, M.A.



Ayesha G. Shenk

# The Importance Of Being Earnest... (Sorry – No Oscar Wilde Correlation)

As I write this, we are firmly in what seems to be an ever escalating moment of fear. It's early March and, though I would like to have hope that by the time you read this in April we will be in a different space, I can't help but feel pretty taken by just how dire our sociological response to the new coronavirus is...

There is a shortage of hand sanitizer, people are canceling giant festivals, conventions and events, human beings everywhere are avoiding crowds/ air travel/vacations and apparently now there is a shortage of toilet paper?

My husband and I actually even canceled our trip to New York for his birthday in the interest of trying to be responsible, especially with children at home and many friends and relatives who could be compromised by us bringing something unwanted back from our travels.

I can honestly say it's probably one of the only times in my life that I have allowed something driven by fear to alter my plans. (And I worked at Newsweek in Manhattan during 9/11.)

I am really not sure what to make of it all. Is this the superinfection of our generation? Is it a threat grossly overblown? Are we not yet fully aware of how acute and dire it could become? Are we being responsible by curtailing our lives or are we further reinforcing a message of fear?

Here is what I do know.  
I'm nervous, you guys.  
I'm not only nervous about COVID-19 in and of itself... but also very nervous about what intense and pervasive fear can do to us as a people and a community. Our children are out of school and

sports, being mandated not to play together or convene, we're not allowed to celebrate birthdays or events together nor hug one another. The options of isolation/quarantine, working remotely are being elevated and the 'good sense' of disconnection is being espoused.  
I'm certainly a rational human being, there's no reason to mock authority or disregard responsible actions let alone public safety, but I also have a distinct fear of us as a people being guided by fear... especially for months on end.



The innumerable benefits of human touch are not a mystery to us. We have scientifically proven that human beings are wired for connection and affective touch improves health, extends lifespans, softens communities, reduces pain and increases our ability to grow, make better decisions and connect...just to name a few.  
So what then comes from a community (especially those most compromised in our community) in which we are forced to disconnect and fear one another? What happens to our abilities to encourage, respect, support, help, heal and empathize with one another?  
I say all of this in no way to be dismissive

or disrespectful of the real danger that may exist for many - especially the elderly and those immunosuppressed. But rather as a reminder of who you and we, as a people, are. We are wired for connection; simple as that. So now how do we get it?  
I'm not naive; danger does exist. But I am hopeful that things happen in cycles and this not forever. My prayer is that we will run to embrace one another both literally and figuratively with the same alacrity with which we eschewed connection and closeness.  
The world is an unrecognizable place at this moment and people are feeling a significant threat in terms of health, financial insecurity, fear and confusion. We have never seen anything quite like this in our time. It is my hope that we will experience the same level of significance in an unprecedented environment of helping one another, loving one another, restabilizing together as families, communities, a nation and a global alliance on the other side of this.  
Please, do be safe. Don't test fate nor compromise the safety of yourselves, your families or especially your loved ones. Wash your hands, make good choices, don't unduly expose yourselves to danger... but also, lend a (frequently washed) hand, a hug, or at the very least, a warm smile and a word of encouragement to the very next person you see in need.  
It is perhaps as great a health risk as COVID-19 not to.  
  
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.

## Gatorland's All New School of Croc!

Gatorland knows that you all are cooped up like chickens in your homes right now, so staff put their creative minds together and have come up with some fun and exciting ways to connect while the park is closed, and we are all practicing social distance. It's Gatorland's School of Croc!

At 10:00 a.m. every morning, there's a Facebook Live Video titled Gatorland's *School of Croc* at [www.facebook.com/gatorland/](https://www.facebook.com/gatorland/) where staff members are showcasing their amazing animals, and there are adventures to entertain and educate all ages. Viewers can also ask questions while they are live and take part in the virtual experience!

Every afternoon at 3:00 p.m., there's a YouTube live feed broadcast on their YouTube channel, *Gatorland Vlogs*, titled "Later Gator – Live at Five," showcasing live action encounters with all of the animal stars at the park.

If you'd like more information, please visit [www.gatorland.com](https://www.gatorland.com), or call 407-855-5496.

Photo courtesy of Gatorland.

For updated news, events and more, please visit

# www.TheParkPress.com

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pop culture detours

by George McGowan

# I Just Don't See It, What's the Deal With Jason Bateman?

I rarely get negative in this space but the all-consuming virus news must have me in a bad mood. I have a real problem with one actor who seems to be becoming a fixture in prestige TV projects. This actor is Jason Bateman. He currently stars in an HBO mini-series based on a Stephen King book, "The Outsider," and executive produces, stars, and directs (!) the Netflix hit series "Ozark." Heck, he even won an Emmy for directing that series last year.

I don't get it. Here's my take on Jason Bateman. He is playing Jason Bateman in every role. Jason Bateman in a rom-com, Jason Bateman in a thriller, Jason Bateman is a cop, Jason Bateman "breaks bad" (i.e., in "Ozark").

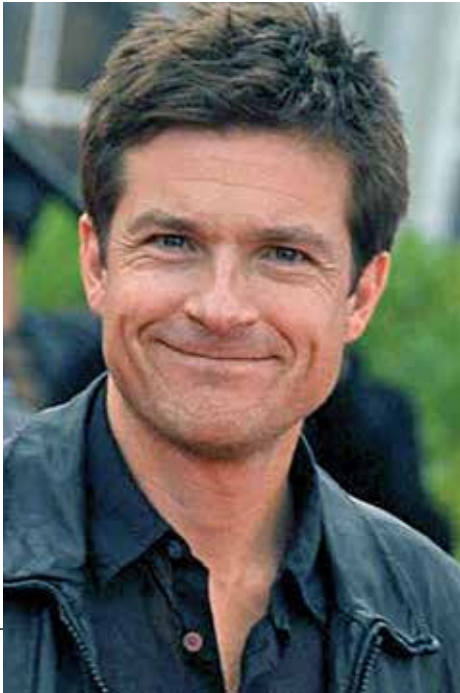
What set me off on this rant is a recent article and video on The Ringer.com by Jackson Maher entitled "How Jason Bateman Became One of the Best Directors on Television: 'Ozark' Season 3." I watched this video and I have to tell you: I Just Don't See It. I have watched the first two or three episodes of "Ozark" and, not to be repetitive: I Just Don't See It. (Update: The Ringer just posted another article entitled Jason Bateman Deserves to Be Taken Seriously. I'm Not Kidding.)

This is not a new thing for me, I have seen Jason Bateman in other series or films, and this feeling was really initiated by his role in one of the most over-rated TV series of all time: "Arrested Development." Wow, what a stinker. Watched two episodes and didn't like the show or any of its characters. The darn thing was packed with good actors (not Bateman) and still is unwatchable. And yet, it won like six Emmys in its first season! And Bateman won a Golden Globe for acting in it. What am I missing here?

I just read that Jason Bateman began his acting career playing James Cooper Ingalls on "Little House on the Prairie" in 1981, when he was 12 years old. I searched for some clips on YouTube and didn't find many. But I do remember watching "Little House" when I was young and nothing about his character stands out to me. Thank goodness I was already off to college so I couldn't get annoyed by Bateman on "Silver Spoons" and was living in Europe during the heyday of "The Hogan Family," whatever that was.


Please don't get me started on Bateman's stellar film acting career. Can you name one role? I'll grant you that he actually doesn't play himself in his cameo as a goofy commentator from ESPN 8 in "Dodgeball" but what else? Do you remember him in "Juno" or "Identity Thief" or "Horrible Bosses"? Did he stand out to you as playing something other than himself? Please. Plus, he stars in one of the worst movies ever made: "Couples Retreat" which I walked out of when I was watching it in my own house!

Enough with the vitriol. I'm sure Mr. Bateman is a wonderful man, husband, father and gives generously of his time and talents and gives liberally to many worthy charitable organizations. Hey, his sister, Justine, starred on "Family Ties" and actually did a fine job acting against her brother (and nemesis) on the show, played by Michael J. Fox. But Justine's brother's acting career? I Just Don't See It.

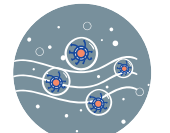


Jason Bateman photo courtesy of Wikipedia.


COVID-19 Corona Virus



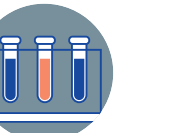
Virus spread from close person to person contact through droplets



Virus may spread through airborne when tiny droplets remain in the air




Symptoms may develop within 14 days of exposure to the illness




Only designated lab test can diagnose the virus


Symptoms



Cough




High Fever




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Stephen & Kristin Pategas

in the garden

by Stephen and Kristin Pategas

All photography by Stephen G. Pategas/Hortus Oasis

# The Installation Sequence – Part 2: What Happens First

The landscape design is completed, and you are ready to install plants. Or are you? To have a successful installation don't put the shovel before the process. Follow this sequence and read the February 2020 issue, page 11 and you will have a smooth journey.

**8. Grading and drainage elements follow next.** These may include depressions to hold stormwater and prevent polluting stormwater runoff into adjacent water bodies. These areas also help recharge our aquifer which supplies our potable water. Piping from downspouts and yard drains happen now. Make sure soil levels are at least three inches below adjacent pavement edges so the edges hold the mulch in place. Consider that extra soil will come in with plant root balls so grades should be lower before planting or excavated soil should be disposed of off-site.

**9. Install sleeves for lighting, water, electrical, and irrigation under proposed pavement areas, decks, or walls.** Are you taking those "progress" photographs? The grounds already look different.

**10. It's now hardscape time with pavement installation for driveways, walks, patios, and decks.** Construct large structures such as sheds, pergolas, and walls. Finally, it's starting to look something like what the designer gushed about.

**11. Now it's back to the dirt moving with trenching and piping for irrigation, lighting, electrical and water features.** Some trenches may share uses so plan on that. If you missed any sleeves under pavement, you'll find out now.

**12. Install fencing now but leave access for large items not yet installed.** Make sure the fence is really on your property. Not on good terms with your neighbor? Check twice!

**13. The eye candy is ready to be displayed.** Larger ornaments such as trellises, arbors, fountains, and leveling bases for smaller ornaments need to appear now.

**14. The site is ready for lighting wiring and irrigation head installation.**

**15. Call your pest control company to schedule any needed termite treatment if soils or devices were disturbed.**

**16. Can we plant now? Sure, but start with the big items like trees and palms then work down to shrubs, and groundcovers.**

**17. Smaller ornaments such as statues, benches, and containers are ready for placement on stable footers.**

**18. Attach lighting fixtures and anticipate that outdoor evening dinner party with the landscape aglow.**

**19. It's time for finishing touches with container plantings, mulching (renewable and organic of course, but not cypress mulch), and sod.**

**20. Tweak the irrigation and lighting.** Take "after" photographs and repeat as the landscape matures. Photograph at dusk with a blue sky for good shots with landscape lighting.

**21. Send out an announcement with a photo of your fabulous new landscape so your future guests can find the house that looks much better than before.**

**22. With your favorite beverage in hand, enjoy the garden and the album organized with an amazing progression of images.**

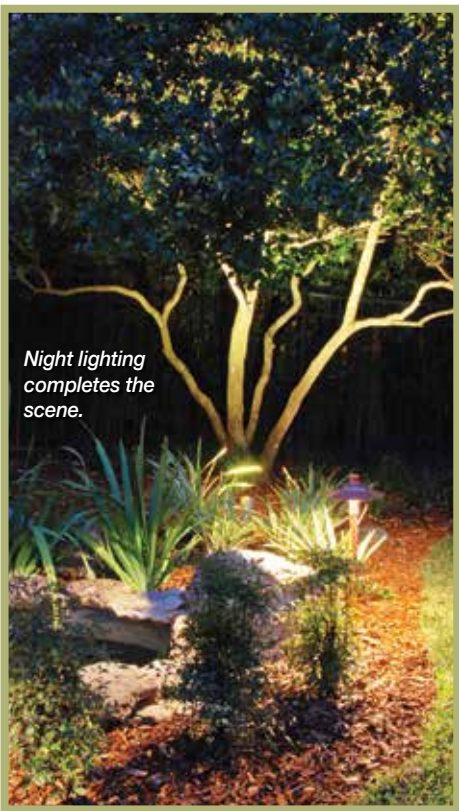
**23. Keep the camera handy; the album still has empty pages or bytes for shots of the maturing garden and the smiling guests that visit.**



The hardscape and the irrigation heads are installed.



Time for a stroll through the garden with a beverage.



Night lighting completes the scene.



Fence installation should happen after major work takes place.

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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**Audubon Park School**  
PRINCIPAL TREVOR HONOHAN

The Audubon Park School Mathletes Team scored big at OCPS County Competition last month. Congratulations are in order for Ms. Hickey and Mrs. Quinn’s competition team for earning 1st place in Math Fluency, 2nd place in Math Applications, and 3rd place in Math Models.

Under the direction of Bryan Munera, our APS Band students also earned Straight Superior ratings at Music Performance Assessment. We are so proud of their dedication and hard work that earned these top ratings.

Leu Gardens is hosting our student artwork through May 21st in a new exhibit titled “Budding Artists.” Pieces explore the use of 2D Media and are focused on nature in art.

We are appreciative of our students, families and community members for their dedication and support in keeping learning moving forward at Audubon Park School during the recent school closures. We are proud of our school staff who pitched in, communicated virtually, opened digital classrooms and kept the momentum going through challenging times.



Audubon Park School Mathletes earn top awards at OCPS District Competition

**Baldwin Park Elementary**  
PRINCIPAL ANNA FERRATUSCO

Baldwin Park Elementary is excited to start the last quarter of the school year. Our students in the Elementary Honor Society are working on their community service projects. We are proud of these students and their hard work both academically and throughout the community. Students in 4th and 5th grade are eligible to be a part of this organization. Our staff members who lead this organization ensure that the focus remains on service back to the school and the community. We are proud of their hard work!

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.

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

Hello Glenridge Families,  
It has been an exciting month since our last community message. Glenridge MS continues to have student successes that I would like to share. Recently, our orchestra performed in the Music Performance Assessment (MPA) and earned a Superior for their performance. This is in addition to one of our orchestra students being accepted to play in the All-State Orchestra. I would like to give a shout out to Mr. Dolinskiy for leading our students to these accomplishments. In addition, this year we had a student, for the 3rd year in a row, advance to the state Geography Bee competition. Furthermore, our symphonic band performed at their MPA and also came home with a Superior rating. This is also in addition to our jazz band, that only meets twice a week, earning a Superior rating at their MPA performance. I would like to thank both Mr. Brannock and Mr. Sullivan for leading our students to these incredible accomplishments.

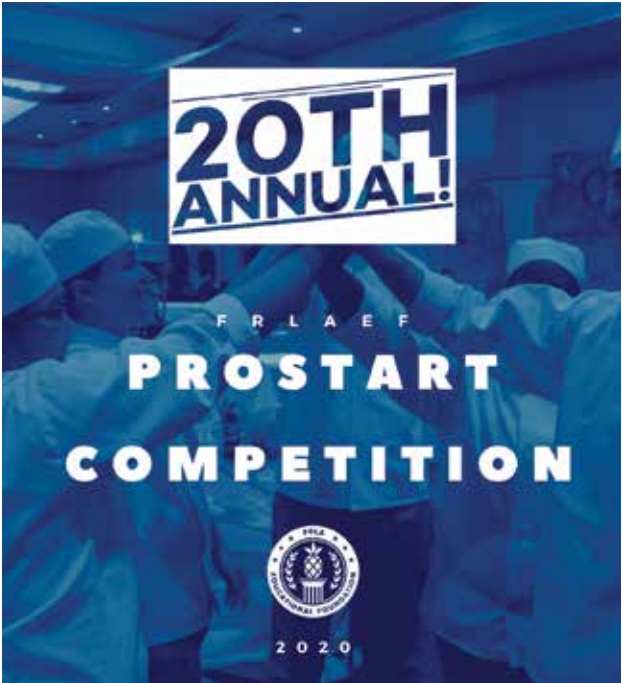
This is testament to the hard work our students and teachers place into their performances. I am so proud of our students and teachers. Always proud to be a Lion!

**Winter Park High School**  
PRINCIPAL MATTHEW ARNOLD

WPHS’s Culinary Arts competition team, headed by Chef Whitlow, continues to serve up the accolades. Each year, the Florida Restaurant and Lodging Association hosts the ProStart Salute to Excellence competition. Of

the 56 high schools that prepared 168 dishes this year at the Rosen Plaza, our students won the Judges’ Choice for “Best Dish!” Congratulations!

Our National Merit Finalists this year include Angelica Sanchez, Binh Pham, Brenton Zhang, and Hussain Khalil. These amazing students qualified for this prestigious recognition by scoring in the top 50,000 out of 1.6 million PSAT test takers. They have each advanced to finalist status where they will compete for one of 7,600 National Merit Scholarships worth more than \$31 million.



Below: Winter Park High School’s culinary arts students won the Judges’ Choice for “Best Dish.” Below Winter Park High School students made the National Merit Finalists this year. Congratulations to all!





A photograph of an older couple walking together outdoors. The man, on the right, has grey hair and is wearing a blue and white checkered button-down shirt over a grey polo shirt. The woman, on the left, has curly grey hair and is wearing a white tank top under a green jacket. They are both smiling and looking towards each other. The background is a blurred park with trees and a path.

# Heartburn isn't Harmless

Frequent episodes of heartburn, or acid reflux, can put you at higher risk for developing esophageal cancer. Learn about the treatments that can protect your esophagus from the harmful effects of heartburn.

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