

## Winter Park Family Provides Hope In Hard Times

Winter Park resident Pam Saffran and her three children know how hard it is to move forward after traumatic loss and the critical role community support plays in keeping dreams alive. The Saffrans have partnered with local nonprofit New Hope for Kids to award \$2,000 college scholarships to four local students who experienced the death of a parent and demonstrated perseverance in the face of that adversity. The Dr. Alan J. Saffran Scholarship was created in memory of Saffran's late husband, a beloved local physician who lost his battle with pancreatic cancer nearly seven years ago. This is the inaugural year for the scholarship, and it has been awarded to the following Central Florida students:

Jamie Potts, a Winter Springs High School senior with a 4.2 GPA, plans to attend Seminole State College in the fall. "I lost my father to suicide when I was 5 years old. My mom is such an amazing, strong woman. She is a great role model and teaches me that it is never too late to go back to school as she has done after 30 years."

Joshua Wojteczko, a Boone High School senior with a 4.73 GPA, will attend the University of Central Florida in the fall to study engineering. "When I was seven my life changed overnight. My father committed suicide, leaving a hole in my life that has been really difficult to overcome. The team of counselors at New Hope for Kids helped me to become more adjusted to my new norm."



Pam, Ella and Nat Saffran award one of the inaugural Dr. Alan J. Saffran Scholarships to Winter Spring High School senior Jamie Potts.

Brigitte Anderson, a summa cum laude Olympia High school graduate, is currently a sophomore majoring in music at Florida State University. Her father died of cancer when she was 10. "My family gets by financially but with only one income, my brother and I will never be able to get through college without financial help."

Gavin Clark, a magna cum laude Lyman High School graduate, currently attends Florida State University and hopes to become a teacher. He lost his mother when he was young, and his father was killed in 2017 in a workplace shooting. He and his sister live with family friends who

serve as guardians. "My mother's death shook our whole family. My dad held me and my younger sister together in the years after. He even served as a grief counselor at New Hope for Kids. When he died suddenly in 2017, it hurt more than anything I could have imagined."

A mental health counselor, bestselling author, and mother of three, Saffran watched her three school-age children grieve their father's death in 2013. "Losing a parent turns a child's entire world upside down," she explains. "It strains a family's income and can erase college dreams. And all Continued on page 6



#### INSIDE THE PARK PRESS

News1	Business8
Publisher's Message2	In The Garden9
City Commissioner's Message3	Pop Culture10
Winter Park Mayor's Message 4	Protection and Service
Orange County Commissioner's	
Message6	Schools11

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Welcome

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## **Publisher's Message**

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Rick Cable

balance of human greatness occurred on Saturday, May 30 at 3:22 p.m. in Cape Canaveral. Our talented artist, Jill Shargaa, saves the word "awesome" for very few things. So much so, be sure to Google up her TED Talk, "The Awe of Awesome." But I know she would agree with me in saying the launch of two American astronauts aboard SpaceX is awesome!

We both are Florida natives, and have had the pleasure of feeling the pride of the space program for most of my life. I have to admit, I started to take the shuttle launches for granted, but since that shut down almost a decade ago, I've realized with this launch that I should never take the space program for granted again.

Kudos to Elon Musk and the pursuit of this dream, and the partnership with his private company and NASA. This very well might open a new era of human space travel and will certainly lead to greater discoveries.

Here is a short list of discoveries made for our daily use because of space program research: insulin pump, personal computer, heat-resistant firefighter suits, LASIK surgery,

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History was made when NASA astronauts Doug Hurley (left), Bob Behnken (right), launched from Kennedy Space Center in Florida on May 30, 2020 in a SpaceX capsule. They have successfully docked with the International Space Station marking the first American launch carrying American astronauts in 9 years. Photo courtesy of NASA.gov.

water filtration, wireless headsets, CAT scans, ice-resistant airplanes, and the list goes on.

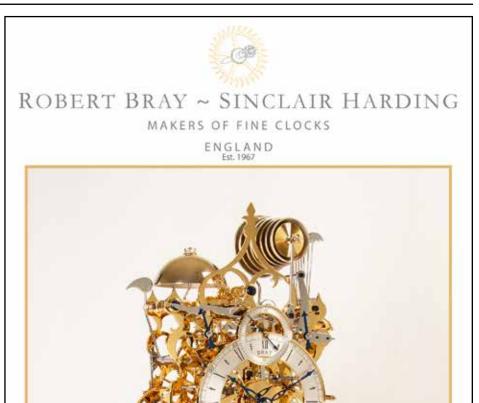
"We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard, because that goal will serve to organize and measure the best of our energies and skills, because that challenge is one that we are willing to accept, one we are unwilling to postpone, and one which we intend to win."

– John F. Kennedy

Perhaps we return to the moon, or achieve Mars? Either way, and to paraphrase Captain James Tiberius Kirk, to boldly go where no man has gone before, is awesome!

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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Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuar

Webster's defines normal as, "the usual, average, or typical state or condition." To have a "usual" at a restaurant, you have to go there more than a handful of times. In science, to get an accurate "average," you need a relatively large data set to calculate a reliable number. To decide that

a response is "typical," you probably would need to ask a large number of respondents before you can make that statement.

I say all this because I keep reading and hearing the catch phrase, "new normal." And for me, none of this really feels normal. It still feels odd and I still have moments where I "forget" what is happening and go to do something the way I used to do it. As we continue to reopen our economy, we all must be willing to adapt our lifestyles, even to those changes that are frustrating. I am grateful, now more than ever, for our city's residents who have shown so much resiliency and willingness to work together for the greater good during this strange time.

One group that has shown so much perseverance during this time is our graduates, especially our graduating seniors. Our entire city is so proud of each one and congratulates them on

their accomplishments and wishes them great restaurant. success for the future.

Because of your work, our community has tested more than 56,000 individuals as of the end of May and has a positivity rate of 2.8%; whereas the rest of the state hovers at just under 6%.

If you haven't been tested but want to be, please visit ocfl.net for locations where testing is being administered for free to individuals with no existing symptoms. OneBlood is also offering antibody testing, with results in 48-72 hours, for all individuals who can give blood at this time, as blood donations are still very much needed in our community.

Many City amenities are reopening this month, so please continue to stay updated at orlando.gov/ covid-19. As of June 1st, our city's tennis centre is reopening in a modified capacity as are six of the 11 city pools and the Orlando Pottery Studio. For more details on the screening process, other guidelines that will be followed, and what else will be opening later in the summer, visit our webpage.

The City's Downtown Development Board collaborated with Uber Eats to incentivize residents to order takeout from our downtown restaurants. Using the code ORDERUPDOWNTOWN, firsttime Uber Eats users will get \$10 off their order from a downtown establishment and all Uber Eats customers will pay no delivery fees the entire month of June when supporting a downtown

#### Visit ocfl.net/CORONAVIRUS for updates and information for Orange County.

The City Council also voted to allow businesses to utilize parking lots, rights-of-ways, and other areas for expanded outdoor seating and marketing signage to allow patrons to know which restaurants are open and for customers to be able to dine in a safer manner, while supporting social distancing.

At their May 19th commission meeting, Orange County made funding decisions on the money they received from the federal government through the passage of the CARES Act. The County Commission allocated \$72.9 million toward small business financial assistance and \$72.9 million for social services and residents' needs. The county is working to finalize program details, and will make an announcement on their website, ocfl.net, through the media and social media, prior to officially opening up the program to applicants.

As we continue to navigate the phased reopening of our state, and begin to enjoy our local amenities and businesses that truly make our city a unique place to live, I ask for all of our residents to continue to be mindful of the little changes you can make in your everyday life that may save the life of a fellow citizen. While our places are amazing, it is our people who truly make our city great. As always, thanks for your continued support.

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## Winter Park Mayor's Message

Mayor Steve Leary



Update On The Orange Avenue Overlay

Over the next few months, the City Commission will be re-discussing and revising the Orange Avenue Overlay (OAO). The process was initiated following the recent City Commission election where the OAO was a major

topic of discussion. If you are unfamiliar with the OAO, I'd like to offer you a historical outline of this project and our next steps.

The city has discussed the possible redevelopment of Orange Avenue for many years. A policy to create a Mixed-Use Overlay District was adopted in the 2017 Comprehensive Plan update, and city staff was directed to create a process that would bring this forward. Shortly after Planning Director Bronce Stephenson was hired in October 2018, the city began the extensive public process to develop a plan for the OAO.

An 11-member OAO Steering Committee was appointed in May 2019 and numerous publicly advertised meetings were held where stakeholders, property owners, neighborhood groups, condo associations, and individual citizens were invited to attend, provide input, comment or ask questions. Additionally, staff continually gave updates and held discussions with the Planning & Zoning Board at both their regular monthly meetings and work sessions, as well as held individual meetings with each board member to answer questions.

Before their vote on the OAO, the board held one dedicated work session on the topic. There were also over 40 hours of City Commission work sessions, all open to the public, regarding the OAO. During these meetings topics such as traffic, open space, parking, architecture, placemaking, mobility and much more were discussed. Surveys, written and verbal feedback were the various ways the public offered input into the creation of the OAO.

The public meetings were strategically customized depending on the audience and focus. One specifically was intended to give the public a first-hand opportunity to experience Orange Avenue as a pedestrian during OAO "Walkshop." Attendees, on foot, walked and stopped at 10 different locations to have meaningful discussions and to share observations. Approximately 50

people attended and found it to be a worthwhile and new type of planning input opportunity.

Traffic studies and transportation analysis of the Overlay were performed by a consultant, Kimley Horn & Associates. As a part of the studies, modeling of future development impacts were performed as well.

The studies and modeling gave a number of solutions that would address current and future traffic conditions, including safety (this area is the most dangerous area in town for all modes of transportation). Also, per statutory requirement, the Florida Department of Transportation (FDOT) assessed the Overlay and the entitlements proposed. They plugged the entitlements and maximum development potential into their model to assess if any significant adverse impacts to state roads within three miles of the subject area are created. The FDOT stated that the adopted amendment was not anticipated to result in significant adverse impacts to the State Highway System and/or the Strategic Intermodal System. These traffic studies can be found at cityofwinterpark.org/planning

November 13, 2019: OAO Steering Committee voted 8-2 to recommend approval of the final draft language, with minor changes. The city-owned Progress Point property was the only property in question about development, scale and use.

December 3, 2019: Planning & Zoning Board voted unanimously to approve the OAO without any changes. The board was also heavily involved with the OAO creation throughout the process.

Between December 2019 and March 2020: City Commission held 13 work sessions to discuss the OAO, all open to the public.

January 13 & 16, 2020: First reading of OAO Ordinances.

January 22, 2020: Comprehensive Plan Ordinance transmitted to the State of Florida review agencies per Florida Statute requirements. The State Agencies did not return any suggested changes.

March 9, 2020: Second reading of the OAO Ordinances that resulted in a 3-2 approval with amendments.

March 17, 2020: Election of new City Commissioners for Seat 1 and Seat 2.

March 23, 2020: Special City Commission meeting scheduled to hear first reading of the Ordinance to rescind the OAO ordinances.

April 8, 2020: Petition filed for Administrative Hearing challenging adoption of the OAO ordinance.

April 13, 2020: Second reading of Ordinance to rescind the OAO ordinances was approved with a 4-1 vote. The City Commission stated that they repealed the OAO to allow more time for staff to provide analysis and data, and to offer the public additional information and opportunity for public comment.

April 21, 2020: Notice given to the city of Petitioners voluntary dismissal of their Petition for Formal Administrative Hearing challenging the OAO ordinance.

April 24, 2020: Lawsuit filed challenging OAO rescission ordinance.

#### Next Steps:

- At time of writing 5/1/20, city staff is currently working with the commissioners to provide the necessary analysis and data to bring back the Overlay for consideration.
- Review of the new data and analysis.
- Additional public meetings with the City Commission, property owners and residents.
- OAO returns to Planning & Zoning Board for review and approval.
- OAO returns to City Commission to make the policy decisions on the future of the OAO.

Please visit cityofwinterpark.org for notices of opportunities for additional public input. Thank you!

## City Manager's Report By Winter Park City Manager, Randy Knight

#### **Reflecting On COVID-19**

First and foremost, I hope this article finds you safe, healthy, and well. The past couple of months truly have been unlike any other time in our lives, filled with unknowns and uncertainty. Some of us may have family members or friends who have been touched by COVID-19 and to you I send my heartfelt sympathies. For others, during this quarantine, you may have found time to complete your "honey do list" or start projects that you never had time to do; and many of us continued to work through this crisis to provide essential services to others. At the time of writing, our Stay at Home efforts proved successful in flattening the curve and Florida did not see the impact of COVID-19 that was originally anticipated. On April 29, Governor Ron DeSantis announced his plan for Florida's recovery and has implemented Phase 1 of the reopening of the state. As the state and county slowly and methodically reopen, we are also strategically reopening our city. While we were under the Stay at Home order we began putting safeguards in place at city facilities to limit exposure and ensure the safety of the public and our staff for when those facilities are reopened to the public. Most of our advisory board

meetings and public events are still cancelled until further notice. Updates on re-openings and announcements related to COVID-19 recovery can be found at cityofwinterpark.org/emergency.

I'm pleased to report we have had a tremen-



dously positive response to the community support programs the City Commission and CRA approved in early April to assist the physical and financial needs of our residents and businesses. As of May 1, the city has distributed more than 2,100 free meals as part of the city's Feed the Need program, a new partnership with 4Roots and the Florida Department of Agriculture.

For our Small Business Utility Relief Program we granted almost \$40,000 spread over 48 businesses. We have allocated \$25,000 with another \$25,000 in dollar-for-dollar matching funds to assist residential utility customers in need. If you would like to make a contribution to help the city achieve that match, please visit cityofwinterpark.org/EUA.

There were quite a few unexpected things we discovered during the Stay at Home order.

• We learned how to meet virtually and often wondered, did the organizer mute me or am I selfmuted? And even more alarming, what did I say when I thought I was on mute? Continued on page 6

Alex delivering food to a Winter Park resident.

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## OF County Commissioner's Message

County Commissioner Emily Bonilla, Orange County District 5



As a former small business owner, lifetime entrepreneur, and business consultant who helped many small businesses through the last recession, I'm here to get through this tough time! Thanks to the diligent work of Orange County staff, we served approximately 9,000 businesses with over

1.5 million masks and 200,000 bottles of hand sanitizer. Along with this PPE effort, I advocated for additional testing sites, especially in our cities, who are struggling with COVID-19 funding. I will continue to work closely with our city officials and make sure that the county is here to support them through these tough times.

In the earliest days of this crisis, I worked in coordination with local elected officials in every corner of this country as we sprang into action, displaying the type of leadership you need. We moved quickly and responded directly to this crisis, demonstrating compassion matched with resourcefulness and creativity. We need to see that type of response at all levels of government. I'm proud to have joined nearly 600 State and local elected officials to call on Congress for Federal funding of public services.

Last month we had a "Wine Down Wednesday with Emily" webinar, where we featured special guest Congressman Darren Sotto to answer questions. We hold our "Wine Down Wednesday with Emily" webinars every other week. Join me for the next webinar on June 3, 2020, at 6:30 p.m. The link is posted on my Facebook page.

I am happy to announce that many of the requests I made for the uses of the \$243 million in Coronavirus Relief Funds from the CARES Act for Orange County were agreed to by the board. This included Temporary Emergency Occupancy for those who resided in hotels, Rental Assistance, Bill Payment Assistance, cloth masks for residents, funding for healthcare, and food banks. We will also be using funding from the CARES Act for additional childcare services and to help our front line workers.

I'm proud to say we have secured gloves and masks to donate to organizations in the front line providing food in my district. We are now offering childcare services to first responders. I continue to work with businesses, non-profits, and other government partners to expand and bring the residents more services and resources.

Here are a few items that we passed at May's BCC meetings that I was happy to initiate, push along, and/or support for District 5 and the County:

- **1. Continue the construction of the East-West Road** (SR 436 to Dean Road) n/k/a Richard Crotty Parkway to relieve traffic on Colonial Drive, University Blvd, and the 408.
- 2. Purchase of lands at Orange County Acres for preservation and conservation of environmentally sensitive lands

#### 3. Collaborative Partnership Agreement between Orange County and the Zebra

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#### 4. Accept the Ryan White HIV/AIDS

**Program** Part A COVID-19 Response grant to be used to prevent, prepare for, and respond to coronavirus disease 2019 (COVID-19) for people living with HIV.

**5. Enact an ordinance to provide regulation of businesses using the county boat ramps.** (This ended a long-time feud and prevented a monopoly in East Orange County.)



6. Approval of the Solar and Energy Loan Fund. (FINALLY! I have been working on this one for a long time.)

7. Appointed Edna Moris to the Maitland CRA.

8. Enact an ordinance to allow a Needle and Syringe Exchange Program.

If you have been affected by the pandemic, please visit EmilyBonilla.com to find available resources. I'm available for questions you may have. Connect with me at my website EmilyBonilla. com where you will find my social media links and can sign up for my newsletter. If you need any assistance, email my office at district5@ocfl.net.

#### From Page 4.

• We became experts in eye-balling what six feet of separation looks like and we discovered we have the moves of Walter Payton (I know I am dating myself) when we go down the grocery store aisles.

• There was a significant decrease in crime, unless you consider binge watching Tiger King on Netflix a crime.

• Our Fire-Rescue Department received an increased number of smokerelated calls from the new "chefs" in the kitchen. (TIP: Popcorn takes three minutes, not 30.)

• The Easter event could last longer than three minutes by modifying the annual egg hunt into a short Easter parade. Thanks to all the families who waved to the bunny from their driveways and made warm signs.

• Water and wastewater saw an increase in flow at the water plants and the daily peaks were in the middle of the day instead of just the morning and evenings. I am not sure what that says about our daytime liquid intake during quarantine.

• With more people outside walking, public works saw an increase in sidewalk repair requests.

• There is significant evidence that our residents have been busy cleaning. Winter Parkers added 55 tons to our normal yard waste and 129 tons to our solid waste collections in just the month of April. That's a lot of cleaning out!



We're helping to keep our community safe and healthy.

There were quite a few glimmers of silver linings from this experience as well. We saw many acts of kindness happening in our community as we learned of the needs of our neighbors, friends, and even those we didn't know. A group of volunteers called Winter Park Mask Strong provided hundreds of handmade cloth masks for city workers and many other frontline employees. I'm sure many of you rescued your desperate friends when they were on their last roll of toilet paper, or maybe you were one of the volunteers that helped deliver food, care packages, and hand-drawn cards to our seniors.

From Page 1.

of that is only exacerbated by the current economy and COVID-19 pandemic. I know that education can be a game-changer for any child. My children have been fortunate to continue their education, and we want to pay that forward so others can do the same."

Learn more about the Dr. Alan J. Saffran scholarship at https:// newhopeforkids.org/saffran-scholarship/ or to make a contribution to the scholarship fund, go to https://newhopeforkids.org/donate/, and put "Dr. Alan J. Saffran scholarship" in the designee box. Our team wants to help your loved one stay in the place where they'll be the safest – at home.

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### Save Manatees From Anywhere – Register For The Virtual Save The Mantee 5K

Registration is now open for the annual Virtual Save the Manatee 5K. Participants can run, walk, cycle, swim, kayak, or rollerblade on a favorite course or trail near home – all in support of manatees. The event can be completed anytime, anywhere, by racers of any age. All finishers will

receive a manatee t-shirt, finisher's medal, and race bib in the mail. Proceeds from the race are donated to Save the Manatee Club to support manatee conservation efforts.

The Save the Manatee 5K in-person race normally takes place each May in Harrison Township, Michigan. This year, as with all large gatherings, the race has been postponed to September 27th due to the COVID-19 pandemic. While Michigan is miles away from

manatee habitat, thousands of racers have shown up over the last 16 years to run for the manatees. The event's fundraising efforts have contributed to a variety of education and conservation projects produced by Save the Manatee Club, furthering their mission to protect imperiled manatees.

The Save the Manatee 5K was started by Lesley Argiri and her husband Brian McDonald, who are



Save the Manatee® Club

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both teachers at L'Anse Creuse public schools in Harrison Township, Michigan. Their efforts have raised more than \$243,000 to help manatees. This year, Race Director Argiri has shifted her focus from the Michigan event to the worldwide virtual event. While the virtual event has been successful

in the past, uniting

racers from all 50 U.S.

states and over 16

countries, it is even

more pertinent this

year as the world stays

home and participates

in events virtually.

"Our main goal is to

keep everyone safe,"

she explained. With

her usual team of

staying home, Argiri

and McDonald are

the ones mailing out

the hundreds of race

volunteers

student



September 27th due to the COVID-19 pandemic. While Save the Manatee 5K participants Cora and Chuck wear this year's manatee t-shirts, race bibs, and finisher's medals at Blue Spring State Park in Orange City, Florida.

packets. "We hope the race can bring smiles to faces in this crisis and give families something to do to get outside."

Racers can register online through September 27th and share their finisher's photos with the t-shirt, race medal, and race bib on the Save the Manatee 5K Facebook page. "It's great to see a global passion for helping our precious wildlife,"

both teachers at L'Anse Creuse public schools in Argiri said. Register to run for the manatees today Harrison Township, Michigan. Their efforts have at savethemanatee5k.com.

Save the Manatee Club was founded in 1981 by singer/songwriter Jimmy Buffett and former Florida Governor and U.S. Senator Bob Graham to protect manatees and their aquatic habitat. For more information about manatees and the Club's efforts, go to savethemanatee.org or call 1-800-432-JOIN (5646).

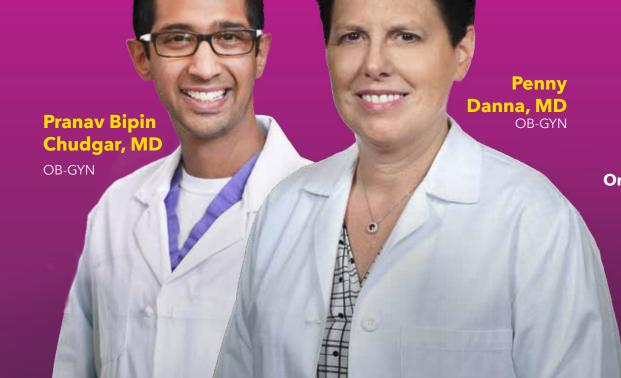
#### From Page 6.

This experience has changed us. It has changed our world. It has changed our lives. As we try to bring our lives back to normal, we know that our old normal is now being redefined. The threat of COVID-19 still exists and continues to impact thousands across the globe while the hope of a vaccine is still months or maybe even years away. While we cautiously reintegrate back into "life" it is extremely important to be respectful of all those around you. Your comfort level is most likely much different than your neighbors or friends, so we all need to continue to take personal responsibility for our own safety and practice the CDC recommended health precautions, keep a 6' social distance, and of course, wash your hands.

Thank you for your support and continuing to do your part to stop the spread. I look forward to seeing all of you from at least 6' away.

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## Cybersecurity awareness by Ron Frechette, The Cyber Coach Securing Your Digital Footprint In The Tele-Work World

As the adoption of remote workforces becomes the "new normal" across the world, it is more important

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Ron Frechette

than ever to consider the security posture of your digital presence in cyberspace. Facebook announced last month it will permanently shift tens of thousands of jobs to remote work and we are hearing the same from professional services companies across various industries.

Last year we introduced our readers to the concept of digital footprints. This month we will focus on the four threat vectors that surround digital footprints.

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

2. Processes – Formal policies and procedures in place with best-practice guidelines to decrease threats of cyber-attacks.

**3. Facilities** - Physical controls. Do you have locks in areas of your home or business where sensitive information can be accessed?

**4.Technologies**– Ensuring the networks and applications you utilize have been properly vetted and can guarantee an acceptable level of security. Have you secured home routers, installed virtual private networks and implemented multifactor authentication?

The Security Perimeter is the area you must protect to keep cyber criminals from gaining access to your sensitive data. A key objective is to identify the vulnerabilities that exist within your digital footprint and begin taking the proper steps to close gaps. ment. It is based on the NIST Special Publication 800-53 (Rev.5), Security and Privacy Controls for Information Systems and Organizations. The acronym DREAM spells out the 5 steps in the system.

**1. Diagnose** – Step 1 is to diagnose our digital footprint by performing a security risk assessment of each threat vector to identify specific vulnerabilities.

**2. Remediate** – Step 2 is to develop a remediate plan to close gaps.

**3. Engage** – Step 3 puts the remediation plan into action and engages managed security providers if needed to assist in closing gaps.

> **4. Audit** – Step 4 ensures our remediation plan was executed effectively and helps us determine how to manage residual risk.

5. Monitor – Step 5 takes us to continuously monitoring and detecting potential threats to our digital footprints 24x7x365.

Don't expect to complete all five steps overnight. The average length of time it takes to fully implement this system can be anywhere from six months to two years. But once you begin the assessment process, the rest of the steps tend to fall into place quickly. Each future assessment will flow much smoother, take much less time, and your overall cyberspace security will strengthen year over year.

#### Perform Annual Risk Assessments

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



Keeping yourself and/or your business safe is a journey, not a destination.

The first step is having knowledge and a sound plan to execute. Risk assessments should be completed on an annual basis or whenever you have a major infrastructure change. The goal is to close the gaps in your digital footprints.

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

As the tele-work trend continues to evolve, it is important now more than ever to adopt a cyber risk management system that you can rely on to thwart potential cyber-attacks.

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

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

#### DREAMSECURE Cyber Risk Management System

DreamSecure is a cyber risk management system we recommend for small businesses mainly because it is easy to understand and imple-





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### in the garden by Stephen and Kristin Pategas

All photography by Stephen G. Pategas/Hortus Oasis

### **Relaxation In The Garden**

Outdoor lounging activities often take place near the house on a deck or patio. Perhaps it is time for a stroll

Stephen & Kristin Pategas

a bit further into the garden for refreshments or to catch up on some reading. Is there a comfortable inviting place to sit, imbibe, and peruse? The proper placement and selection of seating in the garden influences the look and use of a too often underused outdoor space.

Benches, chairs, rockers, bench swings, and hammocks are an invitation to explore and linger awhile in the garden. Place seating/lounging opportunities amid color or fragrance for seasonal interest. Be sure to provide a good view. A water feature can withstand closer inspection and the proximity of cascading water can cool the body and soothe the ear. Multiple seating locations along pathways will link a variety of garden spaces together during a journey through the garden.

The heat of the summer sun may require a shady location under a tree, vine covered pergola, or arbor. A south-facing bench open to a sunny sky and protected by a wall or hedge can take the edge off a winter chill. Around a fire, flexible seating arrangements may be adjusted according to where the wind drives the smoke. Select a style themed to your home and garden and it will also become an attractive focal point. When viewed from inside it may lure you out into the garden. One of our favorite seating locations is away from the house. From that remote vantage point a view back is unique and rewarding since we spend most of our time house bound looking outward.

Benches and seats are available in steel, lightweight aluminum, stone, concrete, wood, and synthetic wicker. Steel requires a durable powder coated paint finish to resist rust and aluminum is lightweight and easy to move about. They both dry quickly after a rain event. Over time, stone and concrete will obtain a mossy patina and will require a cushion for long visits. Weighty but tough to relocate, they will stay put in a fierce wind. Wood remains cool to the touch and teak left unattended weathers to an attractive silvery grey finish. Pair the durable synthetic wicker with cushions covered in Sunbrella<sup>®</sup> fabric so they can conveniently remain outdoors.

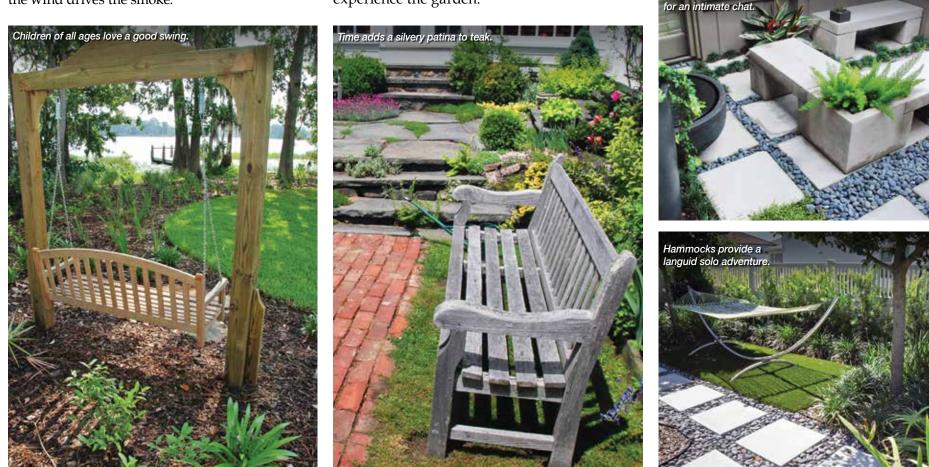
Do not be surprised if a bench becomes a resting spot for potted plants and is ultimately consumed by the garden. That is another good reason to have numerous places to relax and experience the garden.

#### **Seating Considerations**

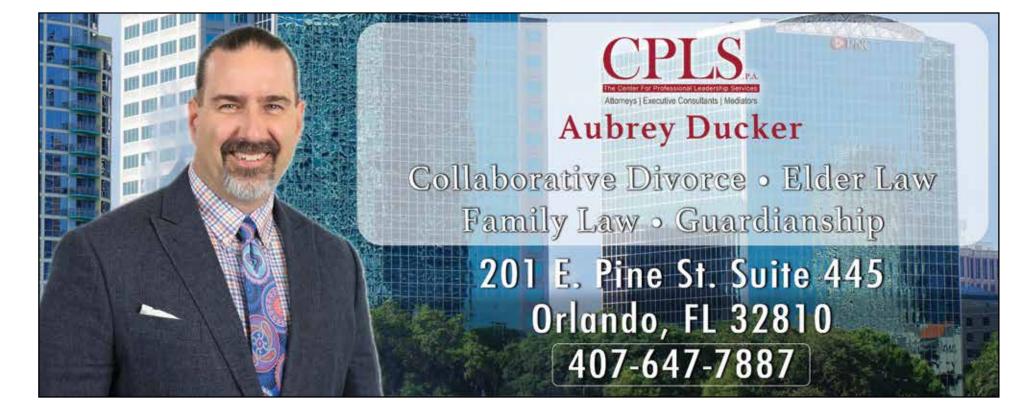
- To keep seating level, legs should rest on leveled stone, brick, or concrete pads instead of soil or mulch.
- The height for a seating wall is in the 18-22" range.
- Place steppingstones at the seat so feet rest on a firm dry surface.
- Select metal furnishings with rust-resistant powder coated paint finishes.
- Insist on teak harvested from sustainable teak plantations.
- A backless bench with access to both sides allows a view from either direction.
- Those with large frames should seek out furnishings with deep seating.
- Search for contoured backs and seats for comfort.

Create a seating cluste

• Whenever possible, test drive seating with your body.



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



## pop culture detours by George McGowan

## Two Strong Voices To Help Us Through The Summer

I feel like I am repeating myself by presenting to you another set of strong, independent voices in the world of music for you to consider this month. I promise that they are different from last month. They include a possible album of the year, this time from one of the biggest stars on the planet. The other is well down the list of recognition and awards from this superstar but should be considered equally as important when choosing something to "dive" into this summer. First, to the superstar!

It is a little surprising that we haven't had an album of new music by Lady Gaga since 2016's "Joanne." At that time, I sheepishly admitted my appreciation for that departure from Gaga's dance floor bombast, as "Joanne" was delicate, intricate, and guitarbased. Well, on her latest, "Chromatica," Gaga is back to both the bombast, the electronics, and the dance floor with a vengeance! No, that's not the right word, she is back with an homage to her first influences and has made an album head to toe with what the kids

would call "bangers." Each song is the perfect length for radio, which means if there isn't an extended remix of these songs somewhere in our future, I'd be flabbergasted. If way down south by Muscle Shoals, Alabama way. As you may already know, Muscle Shoals has birthed some classic sounds over the years, including the number one hits



you are looking for something to get your mind and feet going – this is the album for you and is likely to dominate the summer. But don't just believe me, read the great music writer Carl Wilson's take in his Slate article, "Every Song on Lady Gaga's Chromatica in Comparison to A Star is Born's Butt Song."

Our next selection comes from

"Brown Sugar" from the Rolling Stones, "I'll Take You There" from the Staple Singers, and "When a Man Loves a Woman" by Percy Sledge (who was working as a hospital orderly when he recorded the song that changed his life in FAME Studios). Artists who recorded at Muscle Shoals Sound Studio included The Rolling Stones, Aretha Franklin, George Michael, Wilson Pickett, Willie Nelson, Lynyrd Skynyrd, Paul Simon, and Bob Seger. Nicole Atkins has also recorded there, including parts of her latest album, "Italian Ice." Ms. Atkins has a voice that rivals anyone you could name and has lent it to some of my favorite recordings over the past few years: a great cover of Springsteen's "Dancin' in the Dark" and the song "Faded" with the band Cotton Mather to name just two. Her latest album showcases her amazing voice, from the first song "AM Gold" through collaborations with Spoon's Britt Daniel and Avett Brothers' Seth Avett and others. The duet with Daniel, "Captain," sounds like it came from Out of the Blue-era ELO and on the collaboration with Avett, "Never Going Home Again," she channels a fiery Bobbie Gentry. Look for the making of "Italian Ice" video on YouTube for more on this great release. https://www.youtube.com/ watch?v=uo\_qyjjzt6Q

I think it is time you broke out the good speakers and crank these two albums to eleven this month.



### **NO PLASTIC BAGS** GO IN THE RECYCLING BIN



Leave items loose & empty

Return these plastic bags to retailer or place in trash bin

## when in doubt, check it out! **THINK TWICE** DON'T WASTE IT WP cityofwinterpark.org/think-twice





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protection and service by Jim Whitman, Winter Park Police Department

## Crime, Like Nature, Despises A Void!

One of the questions that has been asked the most since the pandemic has begun is, "How has crime been since this all started?" Quite frankly, the statistics indicate that the crime rate has decreased. As you can probably deduce, this is most likely due to the fact that the majority of people have been following the Executive Orders and remaining home. When people are home, the opportunity for their homes to be burglarized is severely diminished. But, as intimated by the title of this article, potential offenders will then look for other targets. As you probably guessed, crooks will always "go back to the well" as long as "the well hasn't dried up" meaning our vehicle burglaries, motor vehicle thefts, and bicycle thefts have held constant to the same numbers as the previous year. This is a prime example of how developing good habits relating to security will help reduce the potential of you becoming a victim.

We have recently been reminded about the necessity to continue maintaining good health

and hygiene by washing our hands frequently. We would like to take this opportunity to remind you to maintain a sense of awareness during this period as well. Although you have heard it multiple times, we can't stress the need to always lock your vehicles and remove any valuables from the interior. If you start to view your home and vehicle as a criminal might, you may find that you need to alter your habits. Two examples come to mind.

First, we often leave a gym bag or a diaper bag in plain view in our vehicles because we know that there is nothing of value in them. However, the criminal walking by only sees a bag that might contain something valuable. Removing that bag or at least placing it in the trunk may be the difference between still having your child's favorite stuffed animal or your favorite running shoes, and replacing a window worth \$200 to \$400.

Secondly, complacency is often the opportunity that criminals are looking for when they are traveling through a neighborhood. The mere act of

closing your garage door when you are not working in the garage can be the difference between making a report with the police department and being able to enjoy a nice Saturday morning bicycle ride. Always close your garage door if you are not occupying it (even if you are doing yard work) because it only takes a brief moment for a ne'er do well to take advantage of the situation and walk (or ride) away with your belongings.

Protecting yourself from crime is very similar to protecting yourself from this virus. Taking the proper precautions will hopefully prevent you from becoming a victim just as employing safe practices will help prevent you from becoming sick. That extra time that you take to wash your hands may make all the difference, just like taking a few extra moments to ensure that your vehicle doors are locked and your garage door is closed will help to keep you from becoming a victim of theft.

Wash your hands, lock your doors, See Something, Say Something, and only touch your face with your elbows! Stay Safe!!

### schools



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

Hello Glenridge Families,

Ihope each of you, as well as your families both far and near, are safe and sound. These unprecedented times continue to shape our daily lives more than any of us could have probably imagined. I want to thank each one of you for supporting, caring for, and quite frankly, being there for your student(s) every step of the way during distance learning. Know we couldn't do it without you. As Ms. Tanya Veras, our PTSA president, has always shared, "It takes a village to raise our children." These are true words of wisdom.

In speaking of our PTSA, I would like to thank them for partnering with the school for Teacher Appreciation Week. Our partnership led to providing delicious meals from Galeria, a Glenridge MS Partner In Education. In knowing that it takes a village, PTSA helped us ensure this offer was extended to every Glenridge MS employee, as every person in our building plays a role in teaching our students.

Our IB program continues to flourish because of your support and generosity. Our Lion Pride Foundation, under the leadership of Ms. Wendi Moses and Ms. Robyn Bowers this year, set lofty goals for us this year and so many were accomplished due to your support and belief in our school and IB program. Thank you again for all you do to make Glenridge MS as great as it is. Always proud to be a Lion!

promoting school spirit and teaching them the most popular crowd favorite cheers.

Not only was golfer Andrew Clark named Spectrum TV Channel 13 "Athlete of the Week," he and members of the WP Boys Golf team have been helping out the local organization, Army of Angels, in which they deliver groceries to families in need across the Orlando area.

And...It's official! Winter Park High is a 2020 Best High School, based on rankings published by U.S. News & World Report. The 2020 edition of Best High Schools numerically ranks nearly 18,000 schools nationwide this year, including nearly all public high schools in each state and each census-designated metropolitan area with three or more high schools.

## Winter Park Presbyterian PreSchool

Winter Park Presbyterian Preschool teachers wrapped up the school year with drive-through events that brought both smiles and a few tears as we said goodbye to the VPK students who are moving on to kindergarten. For some of our families this means the end of many years at our school as their youngest graduates from our program.

Families in each of our 12 classes infants through VPK - were invited to celebrate and visit with their teachers from the safety of their cars. The children received bags containing lots of surprises that the teachers prepared, projects to make at home, and their personal belongings. VPK students received commemorative disks containing a photo slideshow of all VPK classes and students throughout the school year, cross necklaces, and Bibles. Some classes secretly got together and arranged to have a festive, noisy procession through our campus driveway. One of our teachers was treated to a surprise birthday party parade. Another class turned their event into a teacher appreciation parade. Families decorated their cars with signs, arriving with their horns blaring and everyone shouting out well wishes. Our staff and teachers are busy planning for our school year that begins August 10. We will not hold our six-week summer camp program this summer as renovations to the preschool buildings and toddler playground have been | 0727 and leave a voicemail message.



Above, WPPP student Christopher brought his teachers beautiful gifts when participating in a drive-through event.



#### Winter Park High School PRINCIPAL MATTHEW ARNOLD

We at WPHS are deeply proud of our students, faculty, coaches, parents, and more who rose to the challenge during the last few months of school. Distance Learning created opportunities for our student groups to connect with the community while maintaining social distance.

Our "Cats of Kindness" Wildcat football program worked with the Bags of Hope organization and The Mellow Mushroom to feed 300 individuals and families in need from our community.

Additionally, our Wildcat cheerleaders had weekly chats with special needs students,

Above, WPPP VPK teachers Mrs. Grimm and Ms. Hutchinson hosted a drive-through event for their class. This was the last time they will see these students on campus since they are graduating from our program and moving on to kindergarten.

#### scheduled for June and July.

The preschool office is open limited hours this summer. The best way to reach us is to email wpppoffice@winppc.org or call the office at 407-629-

# Virtual House Calls Available Now

Now, more than ever, it's important to take care of your health. The good news is you don't have to wait and can do it from the comfort of your home. With Video Visits, you consult with a medical expert via computer, tablet or phone for a wide

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