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In The Garden Page

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## How To Keep Your Energy Bill From Spiking

By OUC Communications

As summer heat rises, Central Floridians are accustomed to seeing their utility bills go up. But this year, with schools and businesses closed as a result of COVID-19 – and whole families staying home together to help stop the spread – electricity and water consumption are spiking, too. Air conditioners are running constantly, multiple meals are being cooked every day, and toilets are flushing more often. And all that increased usage means higher-than-usual utility bills.

In fact, OUC has already seen a 29% increase in residential usage in April 2020 compared to the same time last year.

But there are ways to take control. From adjusting the thermostat on your A/C to taking shorter showers, all family members can work together to lower electricity and water usage. Here are some tips recommended by OUC conservation specialists:

- **Set your thermostat to 78 degrees.** That's the efficiency sweet spot for your home's air conditioner. For each degree below 78, you'll add 6 to 8% more to your cooling costs.
- **Keep the sun out.** Use shades, drapes and blinds to keep the sun and heat out, especially on windows that face east or west.
- **Turn on ceiling fans.** Make sure they're rotating counterclockwise, but don't forget to turn them off when the room is empty.

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- **Give your A/C a helping hand.** Change the air filter monthly and set the A/C fan to "Auto."
- **Turn off lights – and unplug appliances and electronics not in use.** It's estimated that the average home has 30-50 "energy vampires" – home appliances that drain power even when they're turned off or in standby mode. Phone chargers, coffee makers and portable fans are among the culprits. Following this simple step can reduce your total energy usage by up to 10%.
- **Opt for cold water.** Try using the cold – rather than hot – setting on your washing machine and set your water heater to 120 degrees.

- **Be water-wise.** Wash only full loads in dishwashers and washing machines, take five-minute showers and turn off the water while brushing your teeth or shaving to decrease your daily water usage. Don't forget to regularly check for faucet leaks in the bathroom, kitchen, laundry room and outside the house.

If you've followed all these measures and are still looking for more ways to conserve energy, schedule a free home energy efficiency audit via phone with an OUC Conservation Specialist. Each call typically takes less than an hour and is

Continued on page 7

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## Publisher's Message



Rick Cable

With all that we have going on in our lives, we are also entering the second month of the 2020 Hurricane Season, which runs through November 30, so now is the perfect time to prepare.

The National Oceanic and Atmospheric Administration (NOAA) is forecasting a likely range of 13 to 19 named storms (winds of 39 mph or higher), of which six to 10 could become hurricanes (winds of 74 mph or higher), including three to six major hurricanes (category 3, 4 or 5; with winds of 111 mph or higher). The NOAA provides these ranges with a 70% confidence.

So, it's predicted to be an above-average season of tropical storms and possible hurricane activity. As Floridians, we know predictions can be all over the place, but we also know we don't want to be caught unprepared, or waiting in long lines at the last minute if a storm is heading our way.

If you have a generator, fire it up now and make sure it runs. Even the one that you bought years ago, and it is still new in the box. Store some extra gas on hand. If you don't have to use it, you can always use it to top off the gas in your car. Extra propane for the grill and some instant coffee isn't a bad idea either.

A basic disaster kit should include:

- A gallon of water per person per day for at least three days



- A three-day supply of non-perishable food
- A battery-powered or hand-crank radio
- A flashlight with extra batteries
- A first aid kit
- A whistle to get help
- Moist towelettes, garbage cans and plastic ties for sanitation
- A wrench or pliers for turning off busted pipes
- Maps
- A can opener for food
- And cellphone chargers

A great resource to help you prepare can be found by visiting [www.ready.gov/make-a-plan](http://www.ready.gov/make-a-plan). 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

Even during these uncertain times, City of Orlando staff is still working to serve our residents and much City business is still happening as usual. Though our meetings are being held virtually, we invite the public to participate and make their voices heard. Our city is one that prides itself on inclusiveness. We will always pull out a chair for everyone who wants a seat at our table.

Even though 2020 has thrown us many curve balls, one thing that it seems to have done is to raise the level of community engagement with the workings of their government. This month begins the City's public budget process with our July 20th workshop. The process culminates with our two budget hearings in September, this year taking place on September 8th and 21st at 5:01 p.m., when the budget is finalized and voted.

This year's workshop will include an in-depth overview of our departments' proposed budgets. I encourage you to read our budget in brief documents from past years, which can be found at [orlando.gov/budget](http://orlando.gov/budget), to provide background information. This year, the workshop can be viewed at [orlando.gov/watchonline](http://orlando.gov/watchonline) or on the City's YouTube channel (CityofOrlando).

July 20th is also an important date as it relates to our voices being heard, as it is the last date a person can register to vote in Florida's August 18th primary. For information on how to register or to check your voter's registration, visit the

Orange County Supervisor of Elections page at [ocfelections.com](http://ocfelections.com). Visit [registertovoteflorida.gov](http://registertovoteflorida.gov) as another streamlined source for information.

While many aspects of life have slowed down during this time, one project has sped up— I-4 Ultimate, following an executive order by Governor DeSantis to accelerate the construction on many segments of the roadway. The City of Orlando, in conjunction with Orange County, hosts monthly Community Connections Workshops. July's workshop, What is Happening With I-4, will take place virtually on Saturday, July 11th from 9 a.m. to noon. This workshop will focus on what to expect until the project is complete. To register visit [ocfl.net/communityconnections](http://ocfl.net/communityconnections). For more information on I-4's accelerated timeline, visit [i4ultimate.com](http://i4ultimate.com).

As we all work to find ways to lessen stress right now, please know that the City of Orlando has lots of shady parks around town where you can exercise, take a walk, or just #optoutside and take a breather. Parks like Dickson Azalea Park, Langford Park, or Constitution Green all have great tree canopies. Or visit the 183-acre Bill Frederick Park that has lots of shady areas to get away from it all, even just for a few hours.

Visit [ocfl.net/CORONAVIRUS](http://ocfl.net/CORONAVIRUS) for updates and information for Orange County.

Or if you would rather work to make your own home a more landscaped oasis, consider joining the City in its quest to create more pollinator gardens. The last week in June was Pollinator Week, a recognition most of us probably hadn't really taken time to celebrate, especially this year. But this is an annual time dedicated to educating the public on the importance of protecting the declining pollinating populations. Florida is home to 200 species of butterflies that aren't found anywhere else. Residents can help protect these important creatures by growing specific types of Florida-friendly wildflowers. As many of us spend more time at home this summer, what a perfect time to try your hand at gardening for good. Visit [orlando.gov](http://orlando.gov) and search "pollinator gardens" for some great tips on how, when, and what to plant, no matter how small your space might be.

Now more than ever, we must remember that we are a community, not just a group sharing space, but one that shares a feeling of fellowship, as a result of sharing common attitudes- ones of kindness and compassion. To each and every one of you, for your continued support of our Orlando community- whether it be by planting a garden, registering to vote, or just by checking on a neighbor- we thank you!



Pollinator garden instructions can be found on the [orlando.gov](http://orlando.gov) website.

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# Winter Park Mayor's Message

Mayor Steve Leary



Steve Leary

## Hurricane Preparedness

Although we are still living through our current COVID-19 pandemic, hurricane season does not wait and is here. While the weather is still calm, now is the best time to prepare and remind ourselves of the various ways the city communicates storm preparation, management, and recovery. Please sign up, follow, or visit us at:

- Website [cityofwinterpark.org](http://cityofwinterpark.org)
- Official Hurricane Preparedness Guide [cityofwinterpark.org/emergency](http://cityofwinterpark.org/emergency)
- **citEnews** [cityofwinterpark.org/citEnews](http://cityofwinterpark.org/citEnews) subscribe and receive city info via email
- **OUTREACH** sign up at [cityofwinterpark.org/outreach](http://cityofwinterpark.org/outreach) for the city's emergency alert system where you can receive a phone call, text or email with important information
- Facebook page > [@WinterParkEmergencyInfo](https://facebook.com/WinterParkEmergencyInfo)
- Twitter > [@winterparkfla](https://twitter.com/WinterParkFla)
- Nextdoor > sign up at [nextdoor.com](http://nextdoor.com) [below goes live upon Emergency Operations Center activation]
- Non-emergency information line 407-599-3494
- Message Center email [MessageCenter@cityofwinterpark.org](mailto:MessageCenter@cityofwinterpark.org)

While the weather and our households are calm, please make sure to like, follow or subscribe to one or more of the tools above so you can stay informed during the hurricane season.



## City's 4th Of July Celebration Goes Virtual

Due to the impacts of COVID-19, this year the city's annual 4th of July Celebration will be commemorated virtually. More information about this virtual event can be accessed at [cityofwinterpark.org](http://cityofwinterpark.org).

## Hop On Our FREE Wi-Fi In Central And Shady Parks

The city recently partnered with local business Frog to launch FREE Wi-Fi service in and around Central Park and Shady Park in the city's downtown business district. Outdoor seating/dining areas near these parks will also have access to this city service funded by the city's Community Redevelopment Agency as part of its downtown enhancement program. To access the new Wi-Fi service, users should look for "City of Winter Park Wi-Fi by Frog" in their Wi-Fi list.

Based in Winter Park, Frog is a next-generation internet and technology provider focused on delivering infrastructure to support smart cities and communities of the future. For questions about Winter Park's new free Wi-Fi service, please email [support@frognow.com](mailto:support@frognow.com). For more information regarding Frog, please access [frognow.com](http://frognow.com).





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BUSINESS SPOTLIGHT

StretchLab Opens In Winter Park

StretchLab is one of the newest concepts put forth by Xponential, the largest boutique fitness franchisor in the world. Their newest studio has opened in Winter Park, by lifelong Orlando residents Mary Carter and Herm Eick.

Both have a passion for fitness, and an active lifestyle. They climbed Mt. Kilimanjaro last year, and enjoy hiking national parks with their vacation time.

The StretchLab wellness boutique offers an experienced staff of licensed and certified flexologists (body work professionals) who utilize 26 distinct stretches aimed at improving mobility, flexibility, body symmetry, and posture, in which leads to an im-

proved quality of life. Flexologists provide one-on-one assisted stretching in either 25 minute or 50 minute sessions and have over two years of training working with everyone from high school athletes to senior citizens. If you're looking to take a few strokes off your golf game, could assisted professional stretching be the answer? As Mary Carter says, "Everyone can benefit from stretching."

StretchLab Winter Park is located at 200 N. Orlando Ave., suite 104 on 17-92 across from Trader Joe's, and the Eicks are planning to open two more Central Florida locations soon. **For more information, please visit [www.stretchlab.com](http://www.stretchlab.com), or call 407-559-9080.**



Photos courtesy of StretchLab.



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Ron Frechette

# cybersecurity awareness

by Ron Frechette, The Cyber Coach

## SWIFT Breach Lessons For Financial Services Firms

It's been a year since the SWIFT Breach shocked the entire global financial services community. The Society for Worldwide Interbank Financial Telecommunication (SWIFT) is a global financial payment network used to communicate and transfer large sums of money between thousands of financial institutions across the world.

Cyber criminals installed malware that infected several bank systems, causing the illegal transfer over \$80mm from the Bangladesh Central Bank to fictitious bank accounts across the world. It appears the effort required some internal resources who shared information regarding security weaknesses within the bank and SWIFT systems.

The perpetrators infiltrated the bank's networks, observed exactly how transactions were performed, and ultimately gained access to payment transfer credentials. Armed with that information, they requested several payment transfers from the Bangladesh Central Bank account, which happened to be within the Federal Reserve Bank of New York.

Being that New York is the financial capital of the world, this very well may have been a catalyst for the rapid implementation of the NYDFS Cybersecurity Requirements for Financial Services Companies (the Rules). The proposed rules, which went into effect as of March 1, 2017, require banks, insurance companies and other financial services institutions to have a cybersecurity program with the focus of protecting consumers. The first seven rules are listed below and serve as a great starting point for all types of financial service organizations to begin the process of building a sound cybersecurity program:

- 1. Cybersecurity Program.** Develop and maintain a cybersecurity program designed to protect the confidentiality, integrity and availability of the Covered Entity's information systems.
- 2. Cybersecurity Policy and Incident Response Plan.** Develop and maintain a written cybersecurity policy and incident response plan.
- 3. CISO.** Designate a qualified individual for overseeing and implementing the cybersecurity program and enforcing cybersecurity policy. The person does not need a CISO title, and a third party can be used.
- 4. Continuously Trained Cybersecurity Personnel.** Use qualified personnel (including third party service providers) that maintain sufficient current knowledge and training to manage changing cybersecurity threats and countermeasures.
- 5. Limit Access Privileges.** Companies are expected to limit user access privileges, and to periodically review those privileges.
- 6. Notice of Cybersecurity Events.** Beginning August 28, 2017, Covered Entities must start notifying the NYDFS no later than 72 hours after it determines an act or attempt, successful or unsuccessful, was made to gain unauthorized access to, disrupt or misuse an "Information System"
- 7. Risk Assessment.** Covered Entities would be well advised at a minimum to conduct a limited risk assessment as it relates to the development and implementation of a cybersecurity program.

**Conclusion**  
A key revelation from the SWIFT/Bangladesh Bank Breach was that cyber criminals find it much more lucrative to target financial services institution's entire networks rather than individual bank accounts. As a result, bank breaches have increased dramatically in 2017 and the state of NY did not waste any time in responding.

GoldSky Security applauds the state of NY for taking SWIFT action and putting controls in place to protect consumer's personal financial information. These rules will be the first in the US and are expected to be a model for other states to follow in the very near future. We encourage all of our small-midsize financial services clients to contact us with any questions on how we can assist in implementing these controls and help you and your clients stay safe in cyber.


**Sources:**  
<https://www.whitecase.com/publications/article/nys-department-financial-services-cybersecurity-regulation-goes-live-now-what>  
<http://www.pcworld.com/article/3075854/up-to-a-dozen-banks-are-reportedly-investigating-potential-swift-breaches.html>

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

From Page 1.

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Ayesha G. Shenk

# live meaningfully

by Ayesha G. Shenk, M.A.

## And I Think To Myself, What A Wonderful World...

I'm, honestly, not really even sure where to begin as I sit down to write this. This 2020 has certainly done a number on us both individually and collectively.

Whether a global pandemic, civil unrest, or personal tragedy has hit you hardest, we are in unprecedented times and it's showing.

We are living in a moment in time that brings with it so much uncertainty, unchecked anxiety, and latent fear, that it would be irresponsible to not consider the psychological effects on us all.

Whether you are trying to navigate what it means to work remotely or how to help quell your children's unrest, how to pay the bills after being financially impacted, or even how to grieve the loss of a loved one, these are uncertain and painful times.

As human beings, families, and communities, it is time. It is time to do what we do best in this country and in this iteration of the human condition. We rise up. We challenge conventional wisdom. We innovate, we connect, we find new resources, and we create a new way.

If 2020 has taught us one thing, it is that it's time to see the world through the lens with which we have been created. Our social construct, our healthcare management, our environment, our people, and our legacy... it's time to see it all with the beauty and love and life of which we are capable.

We have hunkered down and sought safety. We have remained still and tried to create routine.

We have allowed the status quo to dictate our lives and our education. It is said that the universe will continue to provide us with the opportunities to right wrongs, heal wounds, and correct courses as many times as necessary until we actually do so.

This feels like a pretty big opportunity and I'm not sure I want to keep being given 'opportunities' if I can make the changes necessary now.

I don't pretend to know what or how we need to execute change, but I do know that I am capable of listening when the universe comes knocking. And if she's not knocking this year, I just don't know what else it could be.

So, with that, I would ask you- in what ways are you overdue in reflecting on your own life, your connections, your communities, your ability to be awake and alive in your world? In what ways are you not taking care of yourself the way you would care for your children and other loved ones? In what ways do you need to correct the health of your diet, your life, your family, or your community?

Where can you find space to fill the empty places with grace?




“Where can you find space to fill the empty places with grace?”

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](mailto:ayesha@livemeaningfully.net) or 407-796-2959.

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in the garden

by Stephen and Kristin Pategas



Stephen & Kristin Pategas

# Tea From A Florida Native Plant

Florida and many other southern states – west to Texas and north to Virginia – are home to a versatile native holly tree, yaupon holly. It is well-known in the landscape industry as a low-water use, salt tolerant, understory tree that reaches 8’ to 25’ in height. Pollinators are attracted to the small white blossoms and the female trees produce bright red berries that many species of birds love to eat. The pollen, which is wind-driven from male trees, is needed to set fruit and usually there is one close by in the neighborhood.

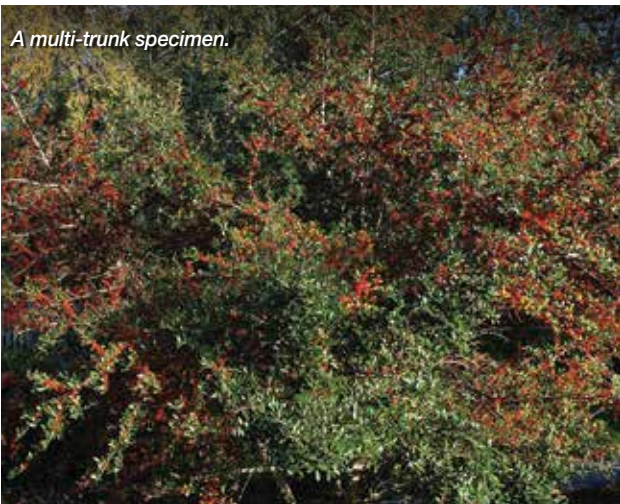
This tree has risen to new prominence as the only native plant in North America with naturally occurring caffeine. The small leaves are used to brew a delicious tea. The beverage brewing capabilities were well-known by the native American Timucuan who called Florida and southernmost coastal Georgia home. The drink they created was known as cassina. Later, European settlers also brewed a tea from the leaves. Yaupon holly’s botanical name, *Ilex vomitoria*, alludes to a purification use by the Timucuan – binge drinking a brew of its leaves until vomiting occurs. Historically it has also been called the “black drink.” In South America, the beverage maté was brewed by indigenous people from the

caffeine-rich leaves of another holly - yerba-maté or *Ilex paraguariensis*- and is popular today.

The yaupon tea and other related types are available from the Yaupon Brothers American Tea Co. ([www.YauponBrothers.com](http://www.YauponBrothers.com)). The leaves are hand harvested in a sustainable manner from certified organic forests. They are dried or fire roasted, graded, milled, and hand-packed in Edgewater, FL.

Being tea lovers, we can attest that there is plenty of caffeine (60 mg. per cup) and no tannins, which eliminates the bitterness found in many teas. This leads to repeated steeping from the same bag or leaves. Note that as with all caffeinated teas, the most caffeine is in the first brewing. The tea is also reported to be rich in antioxidants.

While nearby we have a weeping yaupon holly, a cascading-style cultivar of the upright tree, we just use loose Warrior’s Yaupon tea or pop a teabag into the pot instead of plucking leaves. Whether starting the morning or brewing a pick-up in the afternoon, it is a treat to do it with a native Florida crop.



A multi-trunk specimen.



The bird loving fruit of the female yaupon holly.



Yaupon holly blossoms.



A selection from Yaupon Brothers Tea.



Above, archaeologists uncover a Timucuan canoe on Cumberland Island National Seashore. – Courtesy NPS

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](mailto:garden@hortus oasis.com) and visit [www.houzz.com/pro/hortus oasis/\\_public](http://www.houzz.com/pro/hortus oasis/_public). All photography by Stephen G. Pategas/Hortus Oasis unless otherwise noted.

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## pop culture detours by George McGowan

## It's A Different Kind Of Summer, So Here Are Different Summer Songs

From my last few columns, you can tell that I have been “leaning into” music as my coping mechanism for the craziness of the world these days. I apologize in advance for another month of music recommendations, but I am NOT going to ever write about “The Tiger King” or whatever idiotic Netflix craze hits us over the head next. That just doesn’t seem to be the right energy to promote at this time. If it’s your thing, have at it! As they say, “whatever floats your boat.”

I would like to call your attention to the musician Jason Isbell. He and his band just released an album, “Reunions,” which is excellent (and number one of at least four album

charts at this writing). Jim Derogatis of the Sound Opinions radio show and podcast has selected it as his favorite album of the year (so far). I think it should hit many other end of year “best of” lists, as well. The album begins with a rousing call to action named “What’ve I Done To Help” which will immediately get you locked into the album. The song begins with Jason’s strong voice and then adds in instrumentation to support it and ends with a fantastic guitar solo that stretches the song perfectly into the next song, “Dreamsicle,” which might just bring you to tears itself. Jason is a wonderful performer and I hope we get the chance to see him soon. As a bonus, both

Jason and his wife, Amanda Shires, are great on Twitter. Follow them: @JasonIsbell and @amandashires.

Another recent album release is the latest by Run The Jewels, simply entitled “RTJ4.” But there is nothing simple about this music, it is jam-packed with mystery, intrigue, and simple jams! I absolutely adore the song “Ooh La La” and think it could be a song of the summer, in some alternate universe where I am leader of all things musical. Run the Jewels is the partnership between Killer Mike (Mike Render) and El-P (Jaime Meline), two musicians with a lot on their minds and in their hearts. The heart of this album is the song “Walking in the Snow” which includes a verse by Killer Mike that is about as timely as you can get.

**It’s amazing that he wrote and recorded**

**this many months before the current turmoil but seems to have predicted it happening!** Killer Mike is one of the voices who stepped forward in the aftermath of recent rioting and spoke truth to power alongside officials from the City of Atlanta, it might be worth your time to watch. <https://www.youtube.com/watch?v=Vy9io6VEt58>

Finally, June marked the 35th (yikes!) anniversary of the fifth and final Police album, “Synchronicity.” Check out the feature on the album on Albumism.com for some interesting information on its making and influence. It seems especially noteworthy (and ironic) that the big hit song and Grammy-winner from that album, “Every Breath You Take” could be a theme for this summer, as well as it was for 1983.



Jason Isbell and Amanda Shires  
photo from theboot.com



Run The Jewels is a hip hop supergroup duo consisting of rapper-producer El-P and rapper Killer Mike.



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

## Share The Road

With the recent self-isolation and social distancing orders, many people who relied on attending gyms and group exercise classes found that they no longer had an avenue to pursue their usual healthy lifestyle. Many turned to bicycling to not only comply with the newly imposed orders but to maintain their need for exercise. Unfortunately, for many it had been years since they mounted a two-wheeled steed and many of the laws and “rules of the road” have been forgotten. In an effort to encourage safe biking and attempt to prevent the friction that often exists between motorists and bicyclists, we would like to offer the following information.

When bicycles are being ridden on the roadways of Florida they are considered to be vehicles and thus are required to follow the same laws that motorists are required to adhere by. This includes riding with the flow of traffic, stopping at stop signs and traffic signals and utilizing proper lanes at intersections. Unless bicycles are being ridden on a bike path or part of a road set aside for bicyclists, they are not to be ridden more than two abreast and cannot impede traffic when travelling less than the normal speed of traffic.

If bicycles are ridden on sidewalks, they are required to yield to pedestrians. Many municipalities prohibit riding bicycles on sidewalks in their downtown areas, including Winter Park. City

Ordinance prohibits riding bicycles on sidewalks in the Central Business District which is the area bordered by Webster Avenue, New York Avenue, Fairbanks Avenue and Interlachen Avenue. This ordinance is designed to prevent accidents in the area as the sidewalks are not designed for the speed of bicycles and the congestion caused by the amount of pedestrians in the area.

Bicycle riders under the age of 16 are required to wear a helmet and it is suggested that riders of all ages wear helmets to protect their heads in the case of an accident.

Bicycles being ridden between sunset and sunrise are required to be equipped with both front and rear lights.

It is against the law for bicyclists to wear headsets and headphones with the exception of hearing aids.

As drivers of motor vehicles, we are required to respect bicyclists that are sharing the roadway with us. You may have seen signs that say “Share the Road” or “May use Full Lane.” These indicate that the roadway is too narrow for motor vehicles and bicyclists to ride side by side and therefore the bicyclists are allowed to use the full lane thus requiring motor vehicles to ride “one after another” and when it is safe to pass, the motorist must switch lanes to go around.

Remember, when passing a bicyclist, you

must yield at least three feet from the right side of your vehicle to the cyclist. Just to be safe, it is best to move as far left as possible and safe (even if this put you in the next/opposite lane). Prior to passing a cyclist, determine if it is necessary. For instance if you, as a motorist, intend on turning right within 500 feet of the bicyclist is not only safer but also more courteous to simply stay behind the bicyclist until you reach the turn, thus not creating a conflict of movement between your vehicle and the forward movement of the bicycle.

The irony of this pandemic is that it is a health crisis that when you don’t follow the advice of healthcare professionals can prove to be deadly. But at the same time, it has stimulated people to seek out other methods of exercise, that includes cycling, that follow the social distancing recommendations. By following the above laws and suggestions, we can keep this resurgence of a form of exercise from becoming as deadly as the pandemic!

Be Safe and keep a watchful eye for bicyclists!





schools



### Glenridge Middle School

PRINCIPAL CHRIS M. CAMACHO, EdD

Hello Glenridge Families,

I hope each of you are having a wonderful summer. As I share with our school team, summer is a time to focus on the 3 Rs: Rest, Relaxation, and Rejuvenation. Although this may not be a typical summer, it has still been a time for us, here at Glenridge MS, to continue making preparations for the upcoming school year. For example, we will be moving to teaming next year, where students will have four common academic teachers. This is the middle school philosophy in action as it will focus on student-teacher relationships and better align our instructional practices with our IB philosophy. Our theme for the upcoming school year will be "We Are Glenridge." This theme was selected by our student body at the end of the 2019 school year. This theme emphasizes the idea of team so the teaming philosophy for student scheduling follows suit. In short, we are in this together and aligning ourselves, instructionally, in a manner that focuses on student learning, will always be one of my top priorities.

Also, I would like to take this opportunity to inform parents of upcoming seventh graders the importance of submitting the required immunizations prior to the start of school. **All upcoming seventh-grade students, prior to beginning school, will need to have their T-DAP booster completed. This booster must be documented on the Florida DH 680 Immunization Form and on file before the first day of school.**

Should you need any assistance with this process, please contact Ms. Talbot-Williams at 407-623-1415 x5072249 or Ms. Priscilla Colon at 407-623-1415 x5072240.

Thank you, in advance, for all you will do to prepare our students for the upcoming school year. Know we are in this together. Take care and stay well.

*Positive of the Day: "Keep your face to the sunshine and you can never see the shadow." - Helen Keller*



### Winter Park High School

PRINCIPAL MATTHEW ARNOLD

Despite the abrupt ending to our on-campus school year, many of our spring athletes managed to shine! Congratulations to the following students for being named to the East All-Metro Team for their respective sports:

**Boys Lacrosse**  
Will Halligan/Garrett Moore

**Girls Lacrosse**  
Isabel Sedwick/Sarah Sproles/Aubrey Tanner

**Flag Football**  
Isabella Lima/Destine Howard/Nikiyah McBean

**Girls Track**  
Alyssa Mark/Emma Noel/Jani Day/Alexis Devlin/Gabrielle Johnson

**Boys Track**  
Kyan Graham/James Turner/Kevin Boyd/Daniel Edwards/Jacob Marks/Blake Cain

Winter Park High School celebrated Graduation 2020 in unprecedented fashion! We were able to celebrate our seniors with a drive-thru ceremony. Best of luck to all our graduating seniors and CONGRATULATIONS!



### Winter Park Presbyterian PreSchool

If you have driven by the preschool recently, you may have noticed the construction work taking place. Large trees have been removed to improve ground drainage when our typical Florida storms bring a lot of rain in a short period of time. The roofs are being replaced on all preschool buildings. The toddler playground is being completely renovated, and will have an artificial turf surface and large shade canopy.

These improvements have been carefully planned by the Winter Park Presbyterian Church property committee and an architectural firm. The decision was made in January to not hold our regular six-week summer camp program so that the work could safely take place without young children on campus. We did not know at the time that a novel coronavirus would be circulating, causing us to be closed from mid-March through the end of the school year as well.

We are all very excited to return for the new school year! Our teachers are ready, and word has it that our parents and children are VERY anxious to be back at school. Many new policies and procedures are being implemented to help protect our students, their families, and our staff from illness. The first day of school is August 10. We have big plans, and can't wait to get started.

# The Winter Park Playhouse

## 2020 - 2021 Series

### New Dates!



**THE BOOK OF MERMAN**  
THE MUSICAL WITH A DIVA SIZED HEART

**October 2 - 25, 2020**



**SINATRA Christmas My Way**  
A Sinatra Holiday Ball

**Nov. 13 - Dec. 19, 2020**



**RODGERS & HAMMERSTEIN'S A Grand Night for Singing**

**Jan. 22 - Feb. 20, 2021**



**Respect**  
A MUSICAL JOURNEY OF WOMEN

**Mar. 19 - Apr. 24, 2021**



**Five Course Love**

**May 14 - Jun. 13, 2021**



**CRAZY FOR GERSHWIN**

**July 30 - Aug. 22, 2021**

**407-645-0145 | winterparkplayhouse.org**



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

**Softball**  
Karyolyn Walker

Additionally, Josh Siplin was named the East All-Metro Academic Athlete for Boys Track. Both Coach Kristin McWilliams and Coach Mark Rose were also recognized as East All-Metro Coaches of the Year for Track and Field.



Below, photos of some graduates from Winter Park High School's drive-thru ceremony. Congratulations to all!





# Family Medicine Excellence in Winter Park



Dr. Melissa Morello is a board-certified family medicine physician at The Center for Health & Wellbeing. Along with treating acute and chronic illnesses in patients ages six years and older, Dr. Morello's areas of interest include women's health and pediatrics.

## SPECIALTIES

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

**In-person and video visits  
now available.**

**To schedule an appointment,  
call 407-646-7380 or visit  
[YourCentralFloridaDoctor.com/Morello](https://YourCentralFloridaDoctor.com/Morello).**

**Melissa Morello, MD**

**AdventHealth Medical Group Family Medicine  
at Center for Health & Wellbeing**

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

