The Park Press August 2020 — Positive news that matters — FRE

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Hurricane Season 2020: Pandemic Will Impact Outage Restoration By OUC Communications

In the midst of a pandemic, the last thing we need to worry about is a natural disaster. But hurricane season is here – and it's shaping up to be serious. Tropical Storm Cristobal, which made landfall 500 miles from Orlando in early June, spawned tornados that damaged property, displaced about 50 residents, and caused more than 5,000 outages in our service territory.

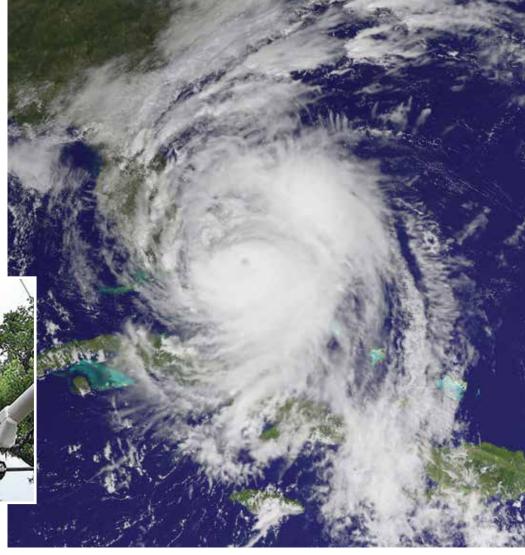
The National Oceanic and Atmospheric Administration forecasts an "above normal" Atlantic hurricane season, with 13 to 19 named storms. Let's all hope NOAA's 2020 predictions fall short, but let's also prepare for the possibility that even one powerful hurricane striking Central Florida could be devastating – particularly if our community remains in the grasp of the COVID-19 pandemic.

As the general manager & CEO of Orlando Utilities Commission (OUC), I'm urging customers in Orange County to prepare now for a big storm. And this year, my sense of urgency is significantly

heightened. In addition to concerns about renewed panic-buying in the face of an oncoming storm, I'm worried that the COVID-19 crisis could disrupt OUC's ability to assemble the kind of workforce we've had in the past to help respond to widespread outages through mutual aid.

Just as emergency responders join forces to rebuild communities devastated by natural disasters, OUC and other utilities rely on mutual aid, where line workers and other electric and water utility personnel from across the country come together to

restore power and water. In 2017, after Category 3 Hurricane Irma disrupted power to 60% of our customers, we restored all 240,000 of



Hurricane Matthew, October 6, 2016, photo courtesy of NASA. Inset photo from OUC.com.

Continued on page 8



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The Park Press

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Publisher's Message



Rick Cable

The summer of 2020 is winding down, yet we still find ourselves in the peak of hurricane season. Fortunately, our community has not been in the direct path of a hurricane for years, but this streak of good luck can make us all a little complacent

in being prepared. It's encouraged that we take a little time to check emergency supplies and restock if necessary, while the shelves at the stores are stocked and the retail prices are fair. For some reason, I decided to check the expiration dates on my emergency supply of batteries. I'm not kidding when I say, I've never done this. After we were hammered by the three hurricanes in 2004, I bought enough batteries to drive the Duracell and

Energizer stock prices up to new all-time highs. It's a good thing I checked, as all the batteries in my supplies have expired.

Turns out

the expiration date is not a sell-by date. These expired batteries simply have no juice.

The first day of school in Orange County is August 10. Please be aware of the school zones and their times of enforcement. One of the great things about our community is that we have many children who walk and bike to school, so please use caution while driving and keep in mind they might need extra concessions with their right-of-way. They'll look like they are carrying all of their worldly possessions in their backpacks at least for the first few weeks. The students don't have lockers at school and will be trying to establish their routines with what they can leave at home and what they have to bring daily. Balancing on a bike with a pack that outweighs most of them should give them great experience if they ever pursue a job at Cirque de Soleil, but is not easy to manage on their busy morning commutes

As always, thank you for reading *The Park*

with morning rush hour traffic.

Press, and I look forward to the great things to come.

Rick Cable Founder/Owner

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City Commissioner's Message Commissioner Robert F. Stuart, City of Orlando District 3



Pobort E Stuart

As July turns into August, I want to say thank you to all those who have made critical changes to their everyday lives to protect their families, friends, and strangers they don't even know, from a virus that we still don't know a lot about. As the toll on our economy also continues to weigh

heavy on our hearts, thanks to those who have continued to support our local businesses and organizations during this trying time.

One sector of our community that has been greatly affected is our arts and cultural amenities. Our museums have slowly started to reopen at limited capacity and are offering a way to beat the heat this summer if you are comfortable donning a mask and social distancing while enjoying some wonderful exhibits.

The Orlando Museum of Art has a family-friendly exhibit beginning August 1st featuring the works of children's book illustrator Oliver Jeffers, who illustrated two of my grandchildren's favorite books, "The Day the Crayons Quit," and "The Day the Crayons Came Home."

While in Loch Haven Park, you can also visit the Mennello Museum of Art, whose newest exhibit is the works of Florida artist, Mira Lehr. Her amazing art focuses on nature and how humans interact with it. Also at the Mennello Museum, on the last Sunday of each month, is yoga in the sculpture garden. While I do NOT excel at yoga, even though my doctor (and my wife) tell me it is just what I need after my back surgery, I think it is a wonderful way

to remember to breathe and take some moments for yourself during this stressful time... and what place is more calming than a garden?

To help them manage their capacity, please plan your visit ahead of time and check out omart. org or mennellomuseum.org to purchase tickets in advance.



Speaking of gardens, the Enchanted Fairy Doors have reappeared at Leu Gardens, so take a shady stroll through the lush landscaping, while completing a fun scavenger hunt to find the twenty doors that the fairies have built amongst the trees. Visit leugardens.org for details.

Another great "garden" in our city, the Audubon Park Garden District, plays host again to the Monday-night community market in the parking lot of Stardust Coffee (1842 E Winter Park Rd). For more than 10 years, the Audubon Park Community Market has been a place for good food and fellowship with friends and neighbors. With a focus on Florida-fresh foods, and other local wares, this is a great place to do your grocery shopping. Visit audubonmarket.com for the details and a list of what vendors will be at the market each week.

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

Our small businesses need our support and they have come up with so many unique ways to stay relevant right now. In Orlando, all of our Main Street districts are teaming up to bring us a one-stop website and social media presence, Local Orlando (localorlando.info). Check out their guides to the best parks, patios, and coffee shops around town, plus tons of other ideas.

Even our theme parks are creatively finding ways for us to have fun while socially distancing. Every Friday and Saturday night through September, Sea World is hosting Flicks and Fireworks, an event where you can watch the park's fireworks show from their parking lot in the comfort of your own vehicle, and then enjoy the feel of a drive-in movie theater by watching a movie under the stars without ever leaving your car! Visit seaworld.com/ orlando for details.

One traditional event is happening this month in our community – our August 18th primary elections. There are many ways to vote, so please take the time to learn about the candidates in all of the races. Visit ocfelections.com for more information.

Finally, for those who would rather stay at home during this time, at least we all have sports back on television to watch. Here in Orlando, we are grateful to both the NBA and MLS for working hard to safely bring their tournaments to Central Florida, sustaining jobs and giving a boost to our economy.

As we all work to do our part to stop the spread of COVID-19, my prayer is that we also continue to stop the spread of judgement and divisiveness as well. As always, thanks for your support of our great community.



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Winter Park Mayor's Message

Mayor Steve Leary



Working Through A Pandemic

The words "unprecedented," "uncertain," and "unknown" have all become part of the vernacular when describing COVID-19. This pandemic is something the world, and certainly Winter Park, has not experienced or dealt with in our lifetime.

Even given the scale of the pandemic, Winter Park's emergency practices and procedures are well

exercised annually, especially during our active hurricane seasons. As a resident, business, or guest of Winter Park, you should feel confident and secure in our ability to manage emergencies and to continue to provide essential city services throughout.

One of the earliest actions we took in response to COVID was the cancellation of the Winter Park Sidewalk Art Festival that was scheduled for March. Although this was a difficult decision for the festival committee and the city to make, considering what was known of the virus at that time, we all agreed this was the most prudent action to take. Shortly thereafter, the state, county, and city began closing government buildings including City Hall, youth and senior programs, the farmers' market, large events, organized sports, and playgrounds.

Stay at Home executive orders and curfews were issued to flatten the curve and effectively slow the spread. As many members of the public abided by the executive orders, your City staff and other essential employees continued to work to keep our community functional and safe.

In support of our businesses, and residents who were struggling financially due to unemployment or dramatically reduced patronage, the City Commission approved \$1.9 million in community support. This funding was used to help small businesses and residents pay their utility bills and provide meals for their families.

At the time of writing, we are currently in Phase 2 of Governor DeSantis' plan for Florida's recovery. All City amenities and parks, including our farmers' market and golf course, are open with safety precautions in place. However, we are currently seeing a rapid increase in positive COVID cases. To help keep this pandemic somewhat manageable, please continue to do your part and take the necessary precautions to keep yourself and those around you safe:

- Keep a safe social distance of at least six feet
- Wear your mask or face covering in public places
- Wash your hands
- Stay home if you are ill

Thank you for your patience and assistance in keeping Winter Park such a special place. For more City of Winter Park specific information regarding our COVID-19 response, please visit cityofwinterpark.org/ emergency.

Covid-19 Symptoms and Protection SYMPTOMS INCLUDE: Cough **High Fever Shortness of Breath Sore Throat** Headache **PREVENTION TIPS:** Wash Hands with Soap **Avoid Contact** Don't Touch Eyes, Nose and Water/Sanitizer with Sick People or Mouth With **Unwashed Hands** At Least 20 Seconds Wear a Mask **Avoid Crowded Places**

Infographic by Jill Shargaa



protection and service by Jim Whitman, Winter Park Police Department

Change

One word that best describes 2020 to this point is "change." Whether you are one of those people who embraces change, or runs away from it, you can't deny that it has been thrust upon us so quickly that no one was prepared. In just a few months, we had to change how our kids attended school and graduated, our daily meetings are held in our dining rooms instead of board rooms, and the weekly grocery ads became "wish books" due to perceived shortages. Vacations have been either cancelled or put on hold indefinitely and all future plans are up in the air. We have added new accessories (masks) to our wardrobes and I have officially washed my hands with more alcohol than I have ever consumed.

We want you to know that the one constant that you can count on is the Winter Park Police Department. Yes, we too have had to alter our

way of doing business but we are still just a phone call away. Some of the changes we have made are not only in response to the current COVID-19 situation but to requests that were brought to our attention before the pandemic began. One instance of this is how calls for non-emergency service are handled. In the past, when a call for non-emergency service came in, an officer would be dispatched to the location and would collect statements from the victims and witnesses. The officer would then create a report which, if necessary, would be forwarded to the Criminal Investigations Division for further investigation. In an effort to prevent the spread of the COVID virus, callers now are given the option of whether they would still like to meet an officer in person, or if they would rather have an officer give them a phone call. If the officer and caller decide that a

report needs to be generated, the officer can email statement forms to the caller and, once completed and returned, the officer can generate the report.

Another change that has been made is the ability to create an on-line report. Often times, people learn they have become a victim of a crime as they are leaving for an appointment and are unable to stay around to meet with an officer. You now have the ability to complete a report online (provided it meets certain criteria) when it is convenient for you. You can choose this option from the home page of our website located at WPPD.org.

As we continue trudging through the rest of this year, remember that we are all in this together, so be kind to each other. To quote David Bowie, "Time may change me, but I can't change time." Stay Safe!

Opera On Park Summer Concert Series

Opera Orlando presents its annual Opera on Park Summer Concert Series featuring three concerts by world-class singers up-close and personal, although this season will be a bit different. The series goes online and is FREE, livestreamed directly to Opera Orlando fans weekly. Enjoy a diverse selection of songs, arias, and duets, and get to know and chat with the artists before you see them on the MainStage in the 2020-21 season.

"It just wouldn't be the same, starting the season without these concerts featuring some of the most exciting up-and-coming artists in opera, and we are pleased to be able to bring Opera on Park in this new format to our audiences," shares executive director Gabriel Preisser. "Our artists are pre-recording their arias and duets but will join me live from the comfort and safety of their homes as I host these concerts. We will get to talk about the music they selected, gain insight into their careers, and most important, field questions from the audience in real-time. I am looking forward to expanding the reach of this annual event online."

Sunday | August 23 at 2 p.m.

Nathan Granner, tenor; and Jamie Chamberlain, soprano; with Cathy Miller, piano. Metropolitan Opera National Council winner and founding member of the Sony Masterworks recording group, The American Tenors Nathan Granner and Greek-American soprano and Delos recording artist Jamie Chamberlain, kick off the series from their home in California with Cathy Miller on piano. Orlando audiences are in for a spectacular afternoon of song as this operatic husband

and wife team bring us a mixture of powerhouse opera arias and duets. Later this season, hear and see Mr. Granner live and in person when he makes his Opera Orlando debut as Don José in Carmen.

Sunday | August 30 at 2 p.m.

Gregg Baker, bass-baritone, and Robin Stamper, piano. Metropolitan Opera singer and Broadway veteran bass-baritone, Gregg Baker has a fantastic program in store for Orlando audiences showcasing his versatility and artistry as a performer, accompanied by Opera Orlando favorite Robin Stamper. Now a local Orlando resident, Mr. Baker has had a unique career, spanning decades on stages worldwide as well as on recordings and TV. He will be making his Opera Orlando MainStage debut this March as Zuniga in Carmen, as well as workshopping the role of Augustus, the father, in Opera Orlando's first commissioned work, The Secret River.

Sunday | September 6 at 2 p.m.

Carlos Enrique Santelli, tenor, and Ashley Dixon, mezzo-soprano, with Clinton Smith, piano. The Opera on Park Summer Concert Series concludes with 2018 Metropolitan Opera National Council winners and husband and wife, tenor Carlos Enrique Santelli and mezzo-soprano Ashley Dixon, closing the series with a program guaranteed to impress from their home in Atlanta. They are joined by pianist Clinton Smith, who was last seen with Opera Orlando as the conductor for the 2018 mash-up, Pagliacci/Pulcinella. Originally set to debut with the company as Tonio in last season's The Daughter of the Regiment, Orlando native Mr. Santelli will be returning to Opera Orlando this fall as Alfred in Die Fledermaus: The Revenge of the Bat. Please consider making a donation to Opera Orlando in support of this and future programs. Suggested donation for a single concert is \$30 and for the entire series, \$75.

Donate \$75 today and, as a perk, get exclusive access to Opera Orlando 's virtual Fifth Anniversary Party on Sunday, September 20, 2020 at 2 p.m. Donations made through the United Arts 2020 Empower the Arts Campaign, a new fundraiser designed to help support small and midsize arts and cultural organizations in Orange County, will be eligible for a 15% match by United Arts, with all administrative fees waived. The campaign runs from July 15 to September 15, 2020 with a goal to collectively raise \$162,000. Opera Orlando is honored to be a participating organization and is hoping to surpass its individual goal of raising \$30,000. Gifts can be made online at the United Arts(https://unitedarts.cc/empowercampaign/).

Opera Orlando continues to connect with its audience through all of its fall virtual offerings. "Like" Opera Orlando's Facebook page for event schedules and updates, then subscribe to Opera Orlando's YouTube Channel for all archived episodes, concerts, and more.

Many thanks to our 2020-21 season sponsors: Fairwinds Credit Union, Orlando Health, The Ginsburg Family Foundation, Dr. Phillips Charities, Sundance Printing, Managed Services Group.





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The Winter Park Playhouse Will Move New Mainstage Musical Series

In response to the ongoing Covid-19 pandemic, Central Florida's professional musical theatre, The Winter Park Playhouse, announces adjustments to their Mainstage Musical Series schedule.

Based on the latest information provided by the CDC, local government, industry leaders, and the professional actors' union, The Winter Park Playhouse is moving its entire 2020-2021 Series of Musicals into 2021.

The Winter Park Playhouse Mainstage Series will now take place January through December 2021 and feature all six of the musicals previously announced including:

A Grand Night for Singing:

Jan. 22 - Feb. 20, 2021

This Tony-nominated Broadway musical celebrates the music of the incomparable writing team, Richard Rodgers and Oscar Hammerstein ll. Experience 30 classics anew through



artful arrangements of the most beloved songs in musical theatre history including hits from *Oklahoma!, South Pacific, The Sound of Music, The King and I* and more!

Respect: A Musical Journey of Women: Mar. 19 - April 24, 2021

This high-energy, joyful Off-Broadway musical is an entertaining, exuberant, and exhilarating look at the lives of women as reflected in the popular music of the 20th Century.



Five Course Love: May 14 - June 13, 2021

Set in five different restaurants, three actors portray fifteen characters on the hunt for one true love in this hilarious Off-Broadway musical comedy!



Crazy For Gershwin: July 30 - Aug. 22, 2021

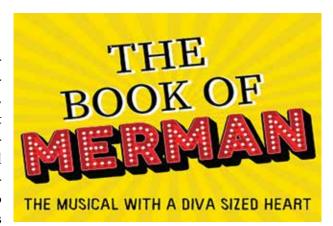
Take a stroll down memory lane as we pay tribute to two of America's most well-loved composers of all time, George and Ira Gershwin! This high energy song and tap dance celebration will put a



smile on your face and a song in your heart.

Book of Merman: Sept. 24 - Oct. 17, 2021

This new musical direct from a side-splitting Off-Broadway run, takes a hilarious look at a seemingly fated encounter between Ethel Merman and two Mormon missionaries who arrive at her door! This



musical has a fresh, witty, original score and will be the nation's Southeastern regional premiere!

Christmas My Way: A Sinatra Holiday Bash: Nov. 12-21, Dec. 1-18, 2021

Ring in the holidays with this fresh, swingin' musical! From classic Sinatra tunes to seasonal favorites Rat Pack Style, this show is complete with 40 popular hits sure to please all!



 $The \ new\ production\ schedule\ is\ listed\ on\ the\ website\ www. winterpark play house. org.\ Tickets\ may\ be\ purchased\ online\ or\ by\ calling\ the\ box\ office\ 407-645-0145.$

Reaching Social Security During COVID-19 Pandemic

During the current coronavirus pandemic, the Social Security offices continue to provide help. While our offices are not able to service walk-in visitors due to COVID-19, we remain ready and able to help you by phone with most Social Security business. You can speak with a representative by calling your local Social Security office or our national 1-800 Number. You can find local office phone numbers online by using our Social Security Office Locator at www.ssa.gov/locator.

We offer many secure and convenient online services at www.ssa.gov/onlineservices, where you can:

- Apply for Retirement, Disability, and Medicare benefits;
- Check the status of an application or appeal;
- Request a replacement Social Security card (in most areas);
- Print a benefit verification letter;
- And much more.

Although you can do most of your business with us online, we know that service channel isn't right for everyone. You can still count on us by phone. If you have a critical situation and we cannot help you with by phone or online, we may be able to schedule an appointment for you.

If you need help, please don't wait until we can see you in person. Call us now and get the help you need. We also understand that getting medical and other documentation can be difficult due to the pandemic, so we are continuing to extend certain deadlines wherever possible.



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Pandemic Increases Risk Of Children Dying In Hot Cars By Amber Rollins, KidsAndCars.org

Increased time at home causes dramatic shift in circumstances surrounding hot car deaths

On average, 26% of hot car deaths are the result of children getting into vehicles on their own and becoming trapped inside. Young children climb into unlocked cars and car trunks to play, but they can't always get out. This year, however, it has been 55% of hot car fatalities.

A recent tragedy happened in Booneville, AR when a three-year-old girl died and her 15-month-old sister was hospitalized after getting into a vehicle outside their mother's home.

As parents and caregivers juggle numerous priorities all at the same time during these unprecedented times, supervision can be more difficult than ever. With fewer parents and caregivers traveling to work, and fewer children attending childcare and preschool, it is imperative that all drivers, even those without children, lock their vehicles so children cannot gain access.

Safety tips to make sure children cannot get into a parked car:

- Keep vehicles locked at all times, especially at home and even if you don't have children of your own. Ask neighbors and visitors to do the same.
- · Never leave car keys within reach of children.



- Take precautions to ensure toddlers cannot sneak out of the home by using childproofing door covers, door alarms, baby gates, etc.
- Teach children never to get into a vehicle without an adult. If they do become trapped, to honk the horn, turn on the hazard lights, and stay visible to passersby.
- If a child is missing, immediately check the inside, floorboards, and trunk of all vehicles in the area very carefully, even if they're locked.

The Hot Cars Act (H.R. 3593) passed the full House on July 1, 2020 as part of the Moving Forward Act (H.R. 2). This bill would require available, affordable technology to detect the presence of a child inside a vehicle.

Last year, the auto industry issued a voluntary agreement to add a reminder alert by 2025 for drivers to check the back seat of the car before





exiting. However, this type of technology will NOT address fatalities where children got into vehicles on their own and became trapped inside.

"It has come to our attention that many people believe that the auto industry's voluntary agreement is going to solve the problem of children dying in hot cars. Nothing could be further from the truth" said Janette Fennell, president and founder of KidsAndCars.org. "We cannot put the lives of children in the hands of an industry that has a history of not following through with what they say they will do. We need a safety standard requiring technology that can actually detect the presence of a child inside a vehicle no matter how they got inside, like what is required in the Hot Cars Act," she continued.

The last two years were the worst years in history for child hot car deaths with at least 107 children who died nationwide. Detection technology is needed immediately to curtail this growing problem.





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3D Mammograms Bring New Dimension To Cancer Detection By Dr. Leena Kamat, MD



Dr. Leena Kamat, MD

Since the 1960s, mammograms have been the best way to detect breast cancer early. Still, the technology has had its limitations. With 2D digital mammography, a potential trouble spot could appear as just that – a spot. If the radiologist sees a zone of density and can't be sure what

it is, the patient must return to get more images taken or undergo a biopsy.

If the radiologist could have looked beneath and above the spot, she could have seen whether the dense area is a harmless clump of breast tissue or a dangerous tumor. Now, she can, with 3D mammography.

3D mammography allows you to scroll through multiple levels and see if a potential problem spot is regular tissue or, possibly, a tumor. It also allows radiologists to find small tumors that could be hiding in denser areas of the breast. These areas appear as white spots on mammograms and can sometimes block our view of tumors, which can be disguised as white spots. 3D mammography gives us a view through

the tissue, making it possible to catch something that would've been obscured.

How 3D Mammography Helps Women With Dense Breasts

A woman's breasts are composed of several kinds of tissues, including fat, milk ducts and supportive tissues. Different women have different amounts of each, and they change over time. A woman who has more dense tissue than fatty tissue is said to have "dense breasts."

Having dense breasts is common – about four in 10 women have them. Traditional 2D mammography has limitations for women with dense breasts because dense tissue appears as white on its images. In 3D mammography, the radiologist can get a better idea of what these spots truly are by looking above and below them.

Why The Best Mammography Matters

Finding a small tumor in a regular screening mammogram is often a moment of profound fear. But seen at a further distance, it's a victory. Finding a tumor when it's small is the goal of screening and affords a person the best chances.



Evidence continues to show that 3D mammograms are better at finding cancer. An October 2018 study that tracked 15,000 women over five years found that 3D mammography detected 30 percent more cancers than traditional mammography.

We're Serious About Your Safety

You may be concerned about your safety right now - and we are, too. That's why all AdventHealth facilities now have key protective measures in place, including social distancing, temperature checks, masks worn by staff and visitors and frequent sanitizing.

To learn more about getting your mammogram or to schedule an appointment, call 866-366-PINK or visit ScheduleYourMammo. com. To further support community members through their breast cancer journey, register for AdventHealth's first ever virtual Pink on Parade 5k at PinkOnParade.com.

DR. LEENA KAMAT is a board-certified diagnostic radiologist, subspecialized in breast imaging for AdventHealth Medical Group Radiology – Central Florida Division.

Orange County Clerk Of Courts Forced To Implement Furloughs

The Orange County Clerk of Courts has been forced to close offices and implement furloughs one day a week due to the financial impact from COVID-19. Starting the week of August 10th, all Clerk office employees will be furloughed one day per week without pay until October 2, 2020 or until relief funding is obtained. For most employees, that day will be Friday of each week. Clerk offices will be closed for all services each Friday during this time period.

"I am saddened and deeply regret that I have to take these steps," said Clerk of Courts, Tiffany Moore Russell. "My staff are essential workers and many of them live on tight budgets, so I know this will be a hardship that I wish I could avoid."

The impact on the public and courts may be significant as the clerk's office provides critical and essential services, per statute, to circuit and county courts.

While many entities and families have been impacted by COVID-19, its effect is particularly severe for Florida's Clerks of Court because of the unique way the offices are funded under Florida law. Clerks have no statutory authority to create or maintain a reserve or emergency fund. Clerks are funded by fines, and fees and court costs which they collect, and which have been greatly reduced during the pandemic.

The pandemic has created a major challenge for Clerks of the Court across the state requiring a \$60 million reduction in operating funds. This resulted in a cut of \$3.8 million to the Orange County Clerk's court operations budget. This amounts to a 53.04% cut to the Orange County Clerks' fourth quarter budget.

The Clerk's Office is working closely with Orange County government and the governor to try and obtain emergency funding to help address this funding crisis.

Voting By Mail FAQs

How do I sign up for Vote-By-Mail (VBM)?
Go online to Orange SOE Vote by Mail Request to complete the request, call 407-836-8683 to request VBM, or send a written request to the Orange SOE office, 119 W. Kaley Street, Orlando, FL 32806. Be sure to include your name, date of birth or voter information number, and your signature.



Is voting by mail safe? Yes, it is. There is no evidence of fraud with VBM ballots, despite "stories" that pop up from time to time.

Can any voter request VBM? Yes, any voter registered in the state of Florida can make the choice to VBM.

Do I have to have a reason for asking for a VBM ballot? No. Florida is a "no excuse needed" VBM ballot request state.

What are the advantages of VBM ballots? You can vote from the privacy and safety of your home. It is more convenient to vote from home. The United States Post Office do es not forward ballots, but you can request in writing for a ballot to be mailed anywhere if you will be away for the election. You can research candidates and get information on the various ballot questions. You can talk to friends and family to gain their insights BEFORE marking your ballot. Got to www.VOTE411.org for candidate and ballot question information.

When can I request a VBM ballot? You can ask for a VBM ballot to be mailed to you up until 5 p.m. 10 days before the election. If you have passed the deadline, you may appoint a designee to pick up your ballot for you.

May I request ballots for my family and/or neighbors? You may request a VBM ballot for anyone in your immediate family or anyone for whom you are a legal guardian by calling 407-836-8983. You will be asked the voter's name, date of birth, and address, as well as your name, address, driver's license (if available), and your relationship to the voter. For more info, visit: https://www.lwvoc.org/content.aspx?page_id=22&club_id=907481&module_id=402606

From Page 1.

them in six days with support from hundreds of crews from 20 states.

There's no doubt that this hurricane season, the pandemic will pose obstacles to responding to a widespread outage. But OUC is prepared – and we will rise to the challenge if a hurricane strikes here. We are already working closely with partners, including the Florida Municipal Electric Association (a trade organization of 33 state municipal utilities) on hurricane preparedness and mutual aid response. However, despite this

preparation, restoring power to our customers will take longer because of precautions we must put in place to protect crews from COVID-19.

Should a storm hit us during the pandemic, we will continue to observe social distancing practices as we restore power. We will also ensure that our teams and those from other utilities are supplied with appropriate personal protective equipment. I ask that if you want to thank the crews as they work in your neighborhood, please do so from a safe distance of at least six feet.

Over the years, OUC has taken steps to make the energy grid more resilient. We've invested in smart grid technology that lessens the impact of outages, trimmed trees near our power lines, and hardened the infrastructure supporting the grid. Our line crews, power generation teams, and support staff are trained to work through hurricanes. As your hometown utility, we stand ready day and night – in good times and bad – to keep the lights on and water running.

You can do your part, too, by

preparing early. If you notice trees that may interfere with power lines, call us at 407-423-9018 and we'll send a crew to inspect and trim them. The next time you're at the store, pick up an extra pack of batteries and a few gallons of bottled water. The start of hurricane season is also the perfect reminder to make sure your information is current on OUC.com. Consider signing up for outage alerts and following us on social media.

Instructions and other hurricane preparedness resources are available at www.ouc.com/stormcenter.

The Park Press | AUGUST 2020 BUSINESS/HEALTH

cybersecurity awareness by Ron Frechette, The Cyber Coach



Ron Frechette

Cybersecurity Basics – The CIA Triad

Last month we shared how the adoption of remote workforces are becoming the "new normal" due to the COVID-19 pandemic. This cataclysmic

shift in the way the world now "goes to work" has the federal government and cybersecurity thought leaders deeply concerned about a significant rise in cybercrimes. The damage this could cause to the small-midsize business world and their employees' livelihoods could be devastating. We are already starting to see it happen. In fact, Cybercrime Magazine reported that 60 percent of small companies go out of business within six months of falling victim to a data breach or cyber-attack. With both the financial security and future of a business on the line, it's vital for small-midsize businesses to have measures in place to monitor suspicious network activity.

If you are a small business owner, or work for one, it is critical to become educated on the basics of practicing good cyber hygiene. There are also the legal obligations to consider such as the practice of due care and due diligence. So, this month we are going to focus on helping you learn the three fundamental principles of security governance which is confidentiality, integrity and availability of data. We commonly refer to this in the information security world as, The

CIA Triad, not to be confused with the Central Intelligence Agency.

1. Confidentiality - Confidentiality is concerned with preventing unauthorized access to sensitive information. The access could be intentional, such as an intruder breaking



Availability

into your network and gaining access to information, or it could be unintentional, due to individuals not being properly trained on how to handle sensitive information. The two main countermeasures to ensure your data remains confidential is to encrypt it (in transit and at rest) and implement proper access controls.

2. Integrity – Integrity in the information security world means maintaining the accuracy and completeness of data. It is about protecting the reliability and correctness of data. Integrity involves maintaining the consistency and trustworthiness of data throughout its entire life cycle. There are numerous countermeasures to ensure integrity against possible threats such as strict access controls, rigorous authentication procedures, and intrusion detection systems.

3. Availability – Availability is the third security governance principle and depends on both

integrity and confidentiality. Without integrity and confidentiality, availability cannot be maintained. It is an assurance that your system and data are accessible by authorized users whenever it's needed. There are numerous countermeasures to maintain availability. Some include using access controls effectively, monitoring network performance and traffic, using firewalls and routers to prevent DoS attacks, and most importantly, maintaining and testing backups. Making regular off-site backups can also limit the damage caused to hard drives due to natural disasters.

Within the CIA Triad, availability is most vulnerable to threats than the other two components. Be especially diligent about performing backups. In closing, now is the time to transform the way we conduct business into the Digital Age way. Practicing good cyber hygiene, like dental hygiene, requires learning new behaviors and practicing them consistently in order to avoid future pain and potential embarrassment. Until next month, wishing you all a safe journey in cyberspace!

Questions? Email me at ron.frechette@goldsky-security.com or send me a tweet @GoldskyRon.

Sources: https://cybersecurityventures.com/60-percent-of-small-companies-close-within-6-months-of-being-hacked/#:~:text=In%20fact%2C%2060%20percent%20of,to%20monitor%20suspicious%20network%20activity

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

"...And Everywhere, Life Is Full Of Heroism." – Desiderata, Max Ehrmann

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

Ayesha G. Shenk

I found myself on quite a long drive by myself recently. "Quite a lot of time by myself" is not a thing I've said in the last many years. As any

parent will attest to - time and solitude are rare commodities. However, thanks to the wonders of COVID, the only way I would be able to see my best friend of the last 23 years was by picking a place somewhere between Florida and Philadelphia and getting in the car and driving.

Though I miss her all of the time, it felt exceptionally necessary to see her in real life as, in the last few months, her cancer has come back with quite a lot of vigor and my father unexpectedly passed away.

These are not life circumstances one should navigate without their best friend.

There is a lot I could (and perhaps will someday) say about these two topics but... for now, today is not that day.

Instead, I'll share with you some of what came up for me as I was driving with unprecedented time to listen to the brilliant, enlightened, funny, and true narrators of my favorite podcasts. I listened to everyone from Brene Brown to

Michael Singer, Marc Brackett to Glennon Doyle, Wayne Dyer to Judd Apatow and so many more. Some of the themes I found myself noticing

We have the capacity to be heroes.

emerge were clarity, truth, perspective, good humor, gratitude, fierce adherence to one's own story, and heroism.

Let's talk about heroism for a second.

We grow up yearning to immortalize our idols. We love firemen and athletes, celebrities, and people in the news. We hope and pray and cross our fingers that someday we'll be just a little bit like them. That someday we'll be someone whom others look up to. Somewhere pretty soon, however, in this time of mass information and shocking reality, we lose our innocence when it comes to heroes. People are fallible, mistakes are splayed across the news, and life is full of disappointment.



An elderly man sitting outside his car spoonfeeding his wife ice cream.

We lose the wonder and awe of being able to blindly place our faith in heroes.

But what about right now? What about heroism right here? What about the first responders and the front line workers risking their safety every day to help strangers in the time of COVID? What about the police officers crossing

the lines to reach out and connect with protesters? What about the parents putting aside their fears and stresses to play with their homebound children who are going stir crazy? What about the thought leaders who are speaking their truths? What about the single mother of two, slowly dying of cancer? What about the widowed father of three trying to be both mother and father to his girls? What about the man who chooses integrity over the easy path and does the harder thing every single time? What about the spouses, friends, and families who continue to accept and love you even when you screw up? What about the heroes who wake each day, no matter the difficulty, to show up for the people in their lives?

And everywhere, life is full of heroism.

I was talking to my husband the other day about this bizarre time in this scary unknown. It has certainly not been easy. And it's understandable that we've just been doing our best to make everything work... but it's also been four months of our lives. A third of our year. And if someone were to ask me how I would want to spend a third of my year, I would not answer "just well enough." I would not aspire to get by and make everything work. I would aspire to not being my own version of a hero in our story. I would hope to be the best version of myself possible for my husband, my children, my family, my clients, the random stranger I happen upon on a Tuesday afternoon. I would want to be more than I have been.

We are made for greater than this. We have the capacity to be heroes.

Today... Let's be heroes.

Till the next time, Be Well; Live Meaningfully. Ayesha 10 IN THE GARDEN The Park Press | AUGUST 2020

in the garden by Stephen and Kristin Pategas

Bold Color 1.0

Long-lasting color in the garden is easily achieved with colorful ornaments, artwork, containers, sculptures, and furnishings. For inspiration in your garden, we share images from some of the many gardens we have visited.

Stephen & Kristin Patega



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.

All photography by Stephen G. Pategas/Hortus Oasis unless otherwise noted.



pop culture detours by George McGowan

Can You Even Believe That It Is August?

While 2020 has been a trying period for all of us, it is certainly moving along quickly. When I was younger, I thought that time was just time. Now in middle age, I see how quickly time passes and things change. Nostalgia encroaches into my thoughts much more easily, and lately I seek out the music and movies and TV of my younger days. Examples for me include: clicking through the TV channels to find any decent old movie; listening to albums from my high school years (David Bowie's "Scary Monsters (and Super Creeps)" being the latest; and getting on YouTube just to watch old music videos from MTV. Next, I'll probably be re-reading some old favorite novels by Stephen King or John Irving. Therapy comes in many forms.

One "blast from the past" is the

former Dixie Chicks, now known as simply The Chicks. For the first time in 14 years, there is new music from the once-ubiquitous country music superstars. Hearing them again brings back its own set of memories, including seeing them perform at the TD Waterhouse Center (yes, that was once the name of the old Orlando Arena) in 2000 (or was it 2003? I can't remember). The new album from The Chicks is "Gaslighter" and it is a barnburner! This is the next "break-up album" to join the pantheon of all the best break-up albums ever recorded. Recording a break-up album has been a tried-and-true method used by music artists to rid themselves of all the feelings left behind by a divorce, as in Marvin Gaye's "Here, My Dear," or an entire band dealing with the end of their many intertwined relation-

ships as in Fleetwood Mac's "Rumours." The Chicks' latest burns with vitriol from its opening title track, through the pure emotion of "Sleep At Night" and the spoiler-titled "Tights On My Boat." Of course, The Chicks continue their welcome ability to address the larger political problems of the day while name-checking the female leader of the "March for Our Lives" movement on the anthemic "March March," and its associated must-see music video. Basically, it's another great album from this important group of

> women, showing still they have all the

talent in the world, and they should be heard and the album played loudly by all.

There is a new Netflix movie that I want you to see named "The Old Guard." It stars Charlize Theron, in a familiar role as a bad-ass female action hero. But the familiar stops there as the story into which she is placed is unique among action movies of recent



opment needed to allow the viewer a

more satisfying overall movie-watch-

ing experience. There is a neat-o twist to this movie that makes the heroes

into real people with real emotions and, therefore, real consequences to

their actions. I highly recommend it!



Charlize Theron stars in "The Old Guard" now playing on Netflix.

The Chicks' lastest album "Gaslighter' is a barn-burner! Photo from Billboard.com

schools



Hello Glenridge Families and Community,

I hope each of you and your families continue to remain safe and are staying well. With the anticipated return to school, many thoughts have been shared with me about the safety of our students, teachers, and staff as we plan for our return. I would like to take this opportunity to share insight with you on the preparations we have made, here at Glenridge MS, to ensure we begin school in the safest possible manner.

First, our schoolwide safety procedures have been reviewed and revised to ensure CDC safety measures are in place throughout the school day. This will include all students, staff, and visitors to our school wearing a mask while on campus. A School Management Team, comprised on school administration, teachers, and staff has been formed to serve as a safety review team. This team will be charged with reviewing our school wide safety plan, and modifying them as needed, to ensure we continue to follow appropriate safety practices. This includes adjusting traffic patterns to minimize close contact between students. In addition, we are ensuring all classes will be capable of meeting social distancing expectations. We have also created a thorough, daily sanitizing plan with our custodial team.

Furthermore, OCPS and our PTSA will be providing reusable masks to all school employees. In addition, PTSA will have masks and neck gaitors, with a GMS logo on them, for those wishing to

purchase one. Also, our PTSA is working with our school to install water filling stations to replace water fountains throughout the school. I need to openly thank you, our PTSA President Ms. Angie Montenegro, and our PTSA Board for unanimously supporting this safety initiative.

While there may be uncertainties in each of your minds as we return to school, I would like to assure each of you that we have and will continue to work hard to ensure everyone is safe at Glenridge Middle School. I want to thank each of you, in advance, for supporting Glenridge Middle School as we begin this school year. May each of you, and your families, continue to be safe and stay well.



Park Maitland School, which has served the Maitland community for 52 years, will open a brand-new 10,000-square-foot preschool campus this fall. Park Maitland Preschool's campus, located at 2440 Howell Market Lane in Winter Park (approximately 10 minutes away from Park Maitland School's main campus), is scheduled to open Aug. 31 and features a state-of-the-art facility tailored to STEAM education, well-being and mindfulness, and more.

"We are thrilled to grow into Park Maitland School's future and expand our school, which has provided students with educational excellence and wonder-filled learning for more than 50 years," said Jane Hicks, principal of Park Maitland Pre-

school. "We look forward to providing an open, caring, family-oriented atmosphere at Park Maitland Preschool that will make young learners feel safe - physically and emotionally - and will nurture the whole child, both mind and heart."

Park Maitland Preschool offers programs for students as young as two years old through Pre-K, and offers both 10-month and 12-month programs to provide flexibility for families and best suit each student's needs. The new preschool features 11 large classrooms to allow for appropriate distancing measures, and three separate playgrounds for each age group. Park Maitland Preschool emphasizes the importance of a STEAM curriculum from an early age, and students will begin their day with yoga, meditation, and mindfulness.

Park Maitland Preschool teachers provide a warm, caring, joyful environment that encourages preschoolers' natural curiosity, and instills confidence in their innate abilities. By balancing traditional instruction in reading, writing, and math with art and music, Park Maitland Preschool teaches the 21st century skills of communication, collaboration, problem solving, and analysis. Upon graduation from Park Maitland Preschool, students can continue their learning at Park Maitland School's original campus located at 1450 South Orlando Avenue in Maitland, which serves students from Pre-K through sixth grade.

Park Maitland Preschool will hold a ribbon cutting ceremony to commemorate its grand opening on Friday, Aug. 21 at 10 a.m. For more information on Park Maitland Preschool, visit ParkMaitland.org.

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