

For updated news, events and more, visit www.TheParkPress.com

National Call To Remember 9/11 Anniversary

across

On Friday, September 11th, 2020, Wreaths leading to the new Acadia National Cemetery. Across America calls for every American to stand outside and wave a flag for one minute at 8:46 a.m. and then again at 9:03 a.m.

At 8:46 a.m., on Tuesday, September 11th, 2001, five hijackers took control of American Airlines Flight 11 and flew it into the heart of New York

City and the northern façade of the World Trade Center's North Tower (1 WTC).

At 9:03 a.m., five other hijackers crashed United Airlines Flight 175 into the southern façade of the South Tower (2 WTC).

Following the events of 9/11, three women (Elaine Greene, Joann Miller, and Carmen Foote) were moved to find an old American flag

they had stored at home and stand on a hill in Freeport, Maine, waving that flag to honor victims. These women became nationally known as "The Freeport Flag Ladies," and they have hoisted the Stars and Stripes every Tuesday morning for the following 18 years.

After they retired on September 11, 2019, (their last 9/11 remembrance) on the following Tuesday, Wreaths Across America took the helm and continued the weekly flag waving tradition along U.S. Route 1 in Jonesboro, Maine, on land donated by the organization's founder, Morrill Worcester,

Since that time Worcester has added a milelong stretch of American flags (105 in total) on both sides of the road that lead to the entrance of Acadia National Cemetery which will open to the public for the first time on Saturday, Aug. 29, 2020. Worcester also donated the land for this new

> National Cemetery to be built in his hometown.

"Each Tuesday, we are joined by dozens of members of the local community and curious people stopping to be part of something meaningful," said Karen Worcester, executive director, Wreaths Across America, and wife of Morrill Worcester. "Especially over the last six months, this flag

waving has taken on new meaning for us all and given a spark of hope and patriotism during this difficult time in our country."

Participants are encouraged to take video and pictures of their participation in the national September 11 flag waving and share them with Wreaths Across America, their family, and their friends, to help REMEMBER, HONOR and TEACH the generation born after 9/11 how hard times can strengthen us as a nation. Use the hashtag #FlagsAcrosstheCountry and #AmericaStrong

Continued on page 6.



Body-Worn Cameras Issued For Winter Park Police Department

As of August 2020, body-worn cameras were issued to all Winter Park Police Department officers and detectives who are actively working with members of the community. They are worn while responding to calls for service, making traffic stops, investigating criminal activity, and initiating contact with citizens.

This new technology, positioned near the officer's chest, offers real-time information. Bodyworn cameras offer better transparency, potentially quicker resolutions to complaints, and can assist as evidence for cases. The devices will also provide the department with an additional training tool to promote officer safety and efficiency. Continued on page 7.



INSIDE THE PARK PRESS

News1	Health8
Publisher's Message2	In The Garden9
City Commissioner's Message3	Pop Culture10
Winter Park Mayor's Message4	
County Commissioner's Message 4	Protection and Service10
Business8	Schools 11

DERMIT NO 4595 MEST PALM BCH FL **DAID US POSTAGE** PRSRT STD

The Park Press

PUBLISHER RICK CABLE rick@theparkpress.com

ART DIRECTOR JILL SHARGAA

ADVERTISING SALES advertising@theparkpress.com 407-644-6760

EDITORIAL CONTRIBUTIONS AND WRITERS

Janna McGowan, Robert Stuart, George McGowan, Stephen and Kristin Pategas, Ayesha G. Shenk, M.A., Steve Leary, MPO James Whitman, Ron Frechette, Paul Gicola

The Park Press, LLC, Winter Park, Florida Office: 407-644-6760 E-mail: info@TheParkPress.com

VISIT US ON THE WEB www.TheParkPress.com

QUESTIONS OR COMMENTS?

We want to hear from you! Send your submissions to The Park Press via e-mail at editor@TheParkPress.com. All submissions to The Park Press become the property of this publication and will not be returned; they may be edited and published or otherwise used in any medium.

RECEIVE YOUR COPY OF The Park Press EACH MONTH BY MAIL

The Park Press is free at various retail locations each month throughout the community. If you're not currently receiving our publication by mail, but would like to, please email your name and address to subscriptions@ theparkpress.com. The 12 month subscription cost is \$15. For more information please call, or email our staff today. Please allow 4-6 weeks for your first mailed issue to arrive.

THE PARK PRESS IS PUBLISHED MONTHLY. ALL CONTENTS, LOGOS, AND ARTICLES ARE COPYRIGHTED MATERIALS AND ALL RIGHTS ARE RESERVED. ANY REPRODUCTION IN WHOLE OR IN PART WITHOUT PRIOR WRITTEN PERMISSION OF THE PARK PRESS IS STRICTLY PROHIBITED. THE PARK PRESS RESERVES THE RIGHT TO REFUSE ANY ADVERTISING MATERIAL FOR ANY REASON DEEMED INAPPROPRIATE BY THE PUBLISHER. ©2020 THE PARK PRESS, LLC

Publisher's Message



I would like to spotlight one of the true gems in our community, the Audubon Center for Birds of Prey. The center was founded in Maitland in March of 1900 by a group of leaders that included New York's governor and later U.S. president -Theodore Roosevelt, Florida's governor, Rollins

Rick Cable

OUR PUBLICATION IS

MADE POSSIBLE IN OUR

COMMUNITY BECAUSE

OF THE SUPPORT OF

OUR ADVERTISERS.

WE THANK THEM FOR

SUPPORTING US AND ASK THAT YOU PLEASE

KINDLY GIVE THEIR

YOUR BUSINESS.

CONSIDERATION FOR

Like us on Facebook

College's president, Stetson University's president, and the editors of the state's largest newspapers. The Audubon Center focuses on the rescue, medical treatment, rehabilitation, and release of Florida's raptors, and is the home to over 50 non-releasable raptors. Each is an ambassador for their species and has a unique story of why they are there. It is the place that we all should call if we find a bird who needs help. The center is also a great educational resource. At this time they are not able to do in-person tours, but do have two virtual events planned.

September 12th 9:00 am to 9:20 am Virtual Breakfast with a Bird - \$15 pp (limited quantity available)

Join us! Grab your coffee or juice, plate, and fork, then pull up to your computer to have Breakfast with a Bird! Upon registration you will get a tasty recipe to make your breakfast at home. September's breakfast with a bird will be Toast with Tony, featuring some of our littlest owls- Tony and Sanford, our Eastern Screech Owls. This 20-minute interactive experience will bring you up close with Florida owls including species information, habitat needs, diet, history, and the adaptations that make them special. As this is an interactive program, with time for Q&A, space is limited! All costs support the care, treatment, rehabilitation, and release of Florida's raptors. To register please visit https://audubon-cbop.square.site/product/virtualbreakfast-with-a-bird/62?cs=true.

September 11th 10:00 am to 10:30am.

Virtual Behind-the-Scenes Peek into Audubon's Raptor Trauma Clinic - \$35 pp (limited quantity available)

Have you wanted to take a sneak peek into operations at Audubon's Raptor Trauma Clinic? Join us for a virtual immersion into rescuing raptors. Your behind-the-scenes virtual visit will include learning what it takes to rescue, medically treat, rehabilitate, and release raptors in Florida. You will explore patient housing, treatment, lab work, and food prep. Audubon Center for Birds of Prey treats more than 700 injured and orphaned raptors each year. Hundreds are released back into the wild. All costs support the care, treatment, rehabilitation, and release of Florida's raptors. To register please visit https:// audubon-cbop.square.site/product/virtual-behindthe-scene-peek-into-audubon-s-raptor-traumaclinic/64?cs=true.

The center relies heavily on donations and volunteers, so please visit www.auduboncenterforbirdsofprey.org for more information.

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

Rick Cable Founder/Owner

Bernil DURSERN Producers of Ornamentals, Ground Cover & Trees Serving the Southeast SPECIALIZING IN PRODUCTS OR SERVICES **OUR CUSTOMER'S** LANDSCAPE NEEDS

STRETCH ONE-ON-ONE ASSISTED STRETCHING A B

ALL AGES

ALL FITNESS LEVELS

ALL FLEXIBILITY LEVELS

Benefits of One-on-One Assisted Stretching Increased flexibility & range of motion Improved posture & relaxation

Increased sports performance

Contact Us for More Info 407.559.9080 | winterpark@stretchlab.com 200 N Orlando Ave, Winter Park, FL 32789 stretchlab.com

Suppliers of Quality:

- Woody Ornamentals
- Tropicals
- Palms
- Trees
- Pine Mulch
- Potting Soil

HOURS OF OPERATION:

Monday to Friday 7:30AM - 5:00PM Saturday 7:30AM - 12:00PM

1310 McNeil Road • Altamonte Springs, FL CALL TODAY: 407-960-1852

We deliver • Public Welcome

City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3

As August comes to a close

and we enter September, I

want to say thank you to all

those who have made criti-

cal changes to their everyday

lives to protect their families,

friends, and fellow residents

they don't even know from a

virus that is so new. As the toll



on our economy also continues to weigh heavy on all of our hearts, thanks to those who have continued to support our local business and organizations during this trying time. As we all work to do our part to stop the spread of CO-VID-19, my prayer is that we also continue to stop the spread of judgement as we set an example for other communities to emulate.

As events begin to take place both virtually and in person, I am looking forward to seeing residents throughout our community whether it be on a screen or in a safe, public setting. For the City of Orlando and many other governments, September marks the end of our fiscal year and the time when we pass our annual millage rate and budget for the upcoming year. Because this is the pivotal decision made by our city council, the budget must be passed at two separate hearings, rather than during a regularly scheduled City Council meeting. This year, our budget hearings are on Wednesday, September 9th and Monday, September 21st beginning at 5:01 p.m. These meetings will be held virtually, so our residents can listen or participate from the comfort of their own screen (orlando.gov/ council). It has been recommended that our millage rate stay the same as it has been for the previ-

ous year. To view the budget documents, visit orlando.gov/budget.

To hear what took place during the State of Florida's Legislative Session this year, make sure to register for the City of Orlando/ Orange County Community Connections Workshop. This monthly workshop covers a topic important to our neighborhood and community leaders and takes place this month virtually on Saturday, September 12th from, 9 a.m.-12 p.m. Go to orlando.gov/events for more details and information on how to register for this free event.



Also on September 12th, our Orlando Police vided. Dress for a mess! Department is offering a free shredding event at OPD Headquarters (1250 South Street) from 9 a.m. to noon. Maybe you have been productive while you have been staying at home a bit more these days and cleaned out your old tax returns. Now you can safely shred them! This event will be an easy, drive-thru, contactless process and our staff asks that you wear a mask and stay in your vehicle. Visit orlando.gov/events for more information

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

and to add a reminder to your calendar.

We are excited that Virginia Drive Live is back in Ivanhoe Village and taking place on September 26th. Teaming up this time with the Mills50 District, vendors will be set up all along Virginia Drive, food trucks will be plentiful, and wristbands are available for purchase at Ten10 Brewing and Ivanhoe Park Brewing that will provide drink specials at select locations throughout the event. Please note that masks will be required for patrons. Check out ivanhoevillage.org for details.

Also, on September 26th from 9 a.m.-11a.m.,

there will be an International Coastal Cleanup for Lake Fran and Lake Orlando. Volunteers are needed to help remove litter and debris from local shorelines. Orlando Lakes will eventually drain into the Atlantic Ocean or Florida Bay. This regional volunteer effort is part of the 35th Annual International Coastal Cleanup coordinated by The Ocean Conservancy and supported locally by the City of Orlando and Keep Orlando Beautiful. Snacks and supplies will be pro-

RSVP is required for this event by contacting sean.hipps@orlando.gov with the name. number and email of volunteers in your group. Volunteer spots are limited.

Now more than ever, thank you for standing with us on what has become an exhaustive journey. I am grateful for your continued support of our shared community- each and every one of you is making a difference.



EMERGENCY CARE YOU CAN TRUST

Emergencies are never convenient. But your emergency care can be. With 24/7 care that's right in your community, Orlando Health Orlando Regional Medical Center provides safe and expert care for any emergency situation. And when you visit our facilities, you can feel confident in our continued focus on your safety.

Online scheduling for minor emergencies* at

OrlandoHealth.com/ER

ORLANDO **HEALTH**[®]

Orlando Regional Medical Center



Winter Park Mayor's Message

Mayor Steve Leary



Public Service

Serving as an elected official is a great honor but a greater responsibility. Winter Park commission members are not elected to represent individual districts. Rather, we are elected at large and represent each of you,

Steve Leary

regardless of your address.

As your mayor, I serve as the chair of the City Commission. There are four forms of municipal government and Winter Park is a commission/ manager form. This means, if you compare Winter Park to a corporation, the City Commission would serve as the board of directors while the city manager acts as the president/CEO. In the commission/management form of government, the city commission is supposed to focus on policy matters, work with the city administration on strategic planning, and ensure resources are in place to meet the plan.

One struggle we face in creating these strategic long-term plans is that Winter Park has an annual election cycle. Every year voters are asked to elect at least one of our City Commission seats, if there is more than a single qualified candidate. By our Winter Park charter, City Commission members are allowed to serve four consecutive threeyear terms, before being "termed-out" (partial terms do count as full terms). While the length of term and holding an annual election is a bit

unusual, it does allow the voters of Winter Park to maintain or modify the makeup of their elected body on an annual basis. Depending on the year and other factors, in addition to the mayor and/ or commission seat(s), voters may be provided the opportunity to vote on other items such as presidential candidates, charter amendments, or special ballot issues.

Even before I was elected to serve as mayor, I noticed a void on the dais of someone who was up there to represent me and my growing family. Even though the median age of a resident of Winter Park is 45.1 years (2019), it is difficult to find residents in that age range to serve as an elected official. I believe that the City Commission should reflect the composition of the community to ensure decisions being made reflect the wishes of the community as a whole. While many in the 20 to 50-year-old segment are understandably focused on family and career, each election season this demographic is underrepresented at the polls. I do not mean to suggest that we should only elect 20 to 50 year-old-representatives. Rather, if not a 20 to 50-year-old representative, we should elect representatives who understand and would advocate for the desires of this audience.

Everyone who chooses to serve as an elected official or volunteer board member does so to help make our city better. As mayor, I have been fortunate to have community leaders on both sides, physically and philosophically, come

"

...Seriously consider volunteering for a citizen advisory board.

together to set an optimistic path forward for our city. It is essential to have a city commission with a variety of interests and passions, yet hold the common thread of love for our city. March 2021 will bring the opportunity to elect a new mayor. I am "termed-out," and even if I were not, I would not be running for office again. I encourage you all to become more involved in the future of our community.

If serving as an elected official is not your path yet you feel the pull to participate in a different way, I'd ask you to seriously consider volunteering for a citizen advisory board. These boards focus on distinct aspects of the city for the purpose of developing recommendations for the City Commission's consideration. Our boards address transportation, planning, utilities, and parks, as well as provide insight on our lakes and waterways, public art, sustainability, and our golf course, to name a few others. Interested citizens can apply at cityofwinterpark.org/boards.

Whether your history in Winter Park spans five days or five generations, the City benefits through your involvement. I urge you all, especially those under the age of 50, to become more involved in YOUR community in any way that you find manageable.

OCCUPY County Commissioner's Message Commissioner Emily Bonilla, Orange County District 5



We have had a busy few weeks at the office with various events we have held. We had a Back to School Drive-thru Event that was a success! It was a long day, with a drivethru at Bithlo Community Center in the morning and

Emily Bonilla

one at Goldenrod Magic Center in the afternoon. Thanks to hard work, we had over 800 backpacks distributed to the community in District 5. I hope with this event that I can help relieve the financial burden of going to school by providing supplies and backpacks to the children. Thank you to all the volunteers who came out and helped

with the distribution. Thank you to our donors, including Full Sail University, Neighborhood Center for Families, and others who helped us purchase the backpacks and supplies. We also had two face mask giveaway drive-thru events.





masks for these events. The last day to complete your census is September 30th. To stay up to date about events, please subscribe to our newsletter at emilybonilla.com.

Since the pandemic started, I have stressed

Keepers Of Heritage At The Polasek

Keepers of Heritage is a Central Florida-based group of professional artists who represent Puerto Rico through their art. The Polasek Museum's exhibition "Keepers of Heritage: Evolving Identities" includes paintings, mixed media, and sculpture by Keepers of Heritage members that honor their cultural roots as members of the Puerto Rican diaspora. The art can be seen at http://polasek.org/keepers-of-heritage/ and in the gallery until October 25.

Some Featured Artists



Rafael **Rivera-Rosa** is a painter, graphic artist, digital artist, graphic designer, and retired

We cannot stress how important it is to do the census. Thanks to data collected in the 2010 census, w e received our share of federal funds to purchase

the need to protect tenants and have offered legislation and ideas to the board. A few months ago, I proposed sending a resolution to the governor requesting a change in the eviction process to allow citizens the chance to argue their case in court. From this proposal, the Orange County mayor asked staff to look into the eviction process to understand it better.

I also proposed that we, as a county, purchase failing hotels to turn into temporary housing for those residents whom we will not be able to help stay in their homes. I also expressed to them that other counties across the nation are already doing this. The staff has proposed an Eviction Diversion Program, and they are looking into the idea of the county purchasing failing hotels for transitional housing during the pandemic. Please subscribe to our newsletter and follow us on Facebook to stay up to date.

university professor. Rivera-Rosa

studied with the artists of the "Fifties Generation," among them, Domingo García at the Campeche Studio and Gallery and Lorenzo Homar at the Graphic Arts Workshop of the Institute of Puerto Rican Culture. In 1970, Rivera-Rosa, René Pietri, and Nelson Sambolín founded "Taller Bija," which produced an impressive output of political and protest posters. Since 1995 he has been artist-inresidence of the Cooperativa de Seguros Múltiples de Puerto Rico's Contemporary Art Collection.

Ángel Rivera-Morales works have been displayed in several major art galleries, catching the attention of private collectors and winning numerous awards. In 2012, Rivera relocated to Orlando, where he has been working diligently to broaden his reputation as an artist in Central

Continued on page 6.



Virtual House Calls For Your Health Care Needs By Dr. Tim Hendrix, MD



Asweallpracticeresponsible social distancing during the coronavirus pandemic, we still need to manage the health of our families. With today's technology, sheltering at home does not mean you can't get access to quality health care. In fact,

Dr. Tim Hendrix, MD

AdventHealth is offering virtual house calls for all your non-urgent medical needs. Now you can live chat with experts in primary care, specialty care, pediatrics and even physical therapy – all from the safety of home, on your phone or tablet. It's a great example of how technology is helping you stay connected and healthy.

If you need help finding a physician, visit VideoVisitCare.com and we'll connect you with one.

Primary And Specialty Care From The **Comfort Of Home**

We understand you may need to see a primary care physician or specialist during this time, and we're here to help you do so. We have a wide range of specialists ready to serve you, including OB/GYNs, mental health specialists, neurologists, cardiologists, digestive health experts, diabetes experts and

pediatricians. During your virtual house call, your provider can discuss your treatment plan, renew your prescriptions, review test results and more. And you don't have to tidy up first.

24/7 Virtual Urgent Care

If you don't have a primary care physician, or if your doctor isn't available after hours or on the weekend, you can get non-lifethreatening urgent care virtually through the AdventHealth app. It's the easiest way to receive treatment for common conditions like allergies, sprains, stomach aches and sore throats. Simply download the app to see a health care provider at any time, right from your smartphone or tablet.

The AdventHealth app allows you to:

- See a medical professional via a virtual house call
- Schedule appointments
- Renew prescriptions
- Manage your entire family's health records
- View lab and test results
- Obtain estimates and pay your bill

Sports Med & Rehab From a Distance

Aches and pains shouldn't keep you from

Advent Health

feeling your best. Our experts are ready to help you with convenient, comprehensive, virtual house calls for physical therapy services. You can live chat with a physical therapist or rehab specialist, so your care can continue without interruption during this time of uncertainty. Services include pediatric and neurological rehab, as well.

And, if you need more than a virtual house call, please know we're still here in the clinic to serve you. Next-day appoints are available for rapid access to the care you need, and physical therapy can by scheduled without a physician's referral in some cases. Call us today for more details.

DR. TIM HENDRIX, AdventHealth Centra Care Medical Director, has worked as an urgent care physician at Centra Care for over 20 years. Board Certified in Family Medicine, Dr. Hendrix is a graduate of Loma Linda University and completed his residency training in Family Practice at Florida Hospital (now AdventHealth). He has extensive experience in Occupational Medicine as a physician with Centra Care and with Walt Disney World Employee Health. He has also served on the medical team for the NBA Orlando Magic. Prior to his career in medicine, Dr. Hendrix served as a volunteer firefighter with the San Bernardino County Fire Department and California Department of Forestry.



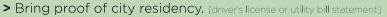
- > used engine oil
- > propane tanks
- > paint thinners
- > wet latex paint
- > oil-based paint
- > pool chemicals
- > household chemicals
- > fertilizers & pesticides
- > non-alkaline batteries

helpful tips

- > FAX machines

new service shredding [provided by Shred-it*]

- > papers
- [paper clips & staples accepted]
- > folders & file folders [hanging folders & binder rings NOT accepted]

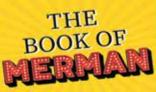


- > Keep all household hazardous waste in original containers with original labeling. [unknown items will NOT be accepted]
- > Drugs & prescription meds go to the Public Safety Facility.
- > This drop off is residential only. No contractors, please.



407-599-3364 or cityofwinterpark.org/ sustainability

May 14 - Jun. 13, 2021 July 30 - Aug. 22, 2021





winterparkplayhouse.org

HE MUSICAL WITH A DIVA SIZED HEART

Sept. 24 - Oct. 17, 2021 Nov. 12 - Dec. 18, 2021



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





Florida. Mr. Rivera presided and directed the collective art exhibits "La Diaspora" and "Evolving Identities," developed by special invitation and collaboration with some of Puerto Rico's finest master painters, sculptors and graphic artists. A multifaceted artist as well, Mr. Rivera has contributed and impacted much to the arts in the community and museums in Chicago, Ocala, and Orlando. Today, when not

developing new projects for outreach, Rivera directs an alternative art space, "New Concept Barbershop and Art Gallery," where he organizes and brings together the community and the artists.

Joan Emanuelli Sanchez is a contemporary realism artist from San Juan, Puerto Rico, who now resides in Orlando. He brings to life scenic

landscapes, interior scenes, water reflections, portraits, still life and everyday people, along with architectural perspectives. From a young age, he displayed an interest in drawing and sketching but his artistic pursuits were postponed; it wasn't until he retired as an army combat veteran in 2014 that he decided to resume the pursuit of his artistic career. He enrolled as a student at Crealde School of Art, Winter Park, Florida, where he later was granted a



Fellowship in the Painting and Drawing Department. The Albin Polasek Museum & Sculpture Gardens Emerging Artist Program selected him as the first Emerging Artist for the 2018 Winter Park Paint Out. Most recently he was part of the collective show "Epifany" at New Concept Gallery.

This exhibition is made possible by a grant from Duke Energy through United Arts of Central Florida.

The Albin Polasek Museum & Sculpture Gardens

Keeper Of The Heritage, can be seen at http://polasek.org/keepers-of-heritage/ and in the gallery until October 25, 2020.

Hours:

Tuesday - Saturday 10 a.m. - 4 p.m. Sunday 1:00 p.m. - 4 p.m. Monday Closed

Address: 633 Osceola Avenue Winter Park, FL 32789



Website: http://wwwpolasek.org



Phone:

407-647-6294

Second Annual White Canvas Party

The Friends of the Mennello Museum of American Art and its Events Committee are featuring 30 local artists in this year's White Canvas Party 2020. This year's party will be a one-of-a-kind, virtual event on Saturday, November 7, beginning at 7:00pm, with special pick up of artisan-designed food & wine available at the

museum that afternoon.

The White Canvas Gallery features 30 of Orlando's most talented artists, whose works are in a variety of styles, themes, and mediums. They will be available for online purchase or bid



by party ticketholders, to benefit both the artists and the museum in a 50/50 split. There will be 30 12"x12" works for purchase and up to 10 30"x30" works in a silent auction. Several artists have been curated into the annual Our Orlando annual exhibition series, including the three artists in the upcoming Our Orlando: Construct, opening on October 2, 2020. VIP ticketholders will have first access to purchase works.

2020 White Canvas Gallery Artists: Sarah Bender, Sue Billings, Victor Bokas, Kathleen Brodeur, Edson Campos, Mindy Colton, Paul Columbus, Loura Parks Dobbs, Donna Dowless, Jenny Friedland, Peterson Guerrier, Jim Hobart, Jordan Justice, Kelly Joy Ladd, Marlene London, Matt Maher, Heather Nagy, Brendan O'Connor, Monte Olinger, Lemon Press collective, Mark Pulliam, Wanda Raimundi-Ortiz, Jacoub Reyes, Don Rimx, Andrew Spear, PJ Svejda, Jamieson Thomson Thomas, John Wipple, and Lynn Wipple.

WHITE CANVAS PARTY is a benefit by the Friends of the Mennello Museum – a 501c3 that supports exhibitions, education initiatives, and the mission of the museum – and is quickly becoming Orlando's newest talked about Art Event. 2019 attendees stated:

"It was truly a memorable, lovely event. I look forward to the next party!" and "This event makes artwork by local artists accessible and affordable." Details on the party to follow soon. More information available at: https:// www.mennellomuseum.org/whitecanvasparty/

White Canvas Party 2020 is supported by: Performance Sponsors

Anonymous; City National Bank; Kimberly Sterling, Chairman / Wealth Advisor, Resource Consulting Group; and Workscapes / Herman Miller

Patron Sponsors

Dr. Robert B. Feldman; Law Office of Woody Igou; Losey PLLC / Laura & Mark Cosgrove; and Jan & Jim Southall

Friend Sponsors

Amazon Hose & Rubber Company; Randi Brooks & John Upperco; Linda Cegelis; Donna Dowless; Grafton Wealth Management; Vanessa & Walter Ketcham; Dr. & Mrs. Dean Sider; and Daisy & Jan Staniszkis

White Canvas Party 2020 is hosted by the Friends of the Mennello's Events Committee:

Laura Cosgrove, Chair, Sam Azar, Flynn Dobbs, Jeff Gitto, Sarah Grafton, Carina Graham, Anne Cochran Grey, Jim Hobart, Annetta Igou, Mary C. Kenny, Kelly Joy Ladd, and Greg Mason

From Page 1.

when posting on social media and tag the Wreaths Across America Official Facebook page.

Youcansponsorawreathfor\$15athttps://www.wreathsacrossamerica. org/. Each sponsorship goes toward a fresh balsam veteran's wreath that will be placed on the headstone of an American hero to honor all veterans laid to rest on Saturday, December 19, 2020, as part of National Wreaths Across America Day.



Good news. Rates just got lower.

John Psomas RICP, Agent 922 Lake Baldwin Lane, Suite A Orlando, FL 32814 Bus: 407-277-2997 www.johnpsomas.com Se habla español

1901155

I'm excited to announce auto insurance rates just went down. I can help you find coverage that works for you. LET'S TALK TODAY.



State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL State Farm County Mutual Insurance Company of Texas, Richardson, TX

Theater Continues Commitment To The Black Lives Matter Movement

Orlando Shakes, in partnership with UCF, released a statement continuing their commitment to the Black Lives Matter movement. The letter to the community features a list of goals for the organization, the execution of which will be guided by the newly formed Equity, Diversity, and Inclusion committee. This committee, made up of diverse board members, staff, and artists, along with Artistic Director Jim Helsinger and Managing Director Douglas Love-Ramos, is meeting regularly while creating specific metrics and tactics to achieve these broader goals, which will become a part of the theater's long range plan.

"In the theater world, organizations across the nation have been meeting and announcing action steps regarding racial equity," says Board President Andrea Massey-Farrell. "We have taken our time to ensure that our response to the community is well thought out and contains goals that are obtainable. We recognize our obligation to be an active part of the solution as we move forward."

Read the complete statement, which was approved by the entire Orlando Shakes Board of Directors, below:

Dear Community,

At Orlando Shakes, we stand against injustice. We condemn systemic racism and brutal acts of violence against Black people. We stand by our Black colleagues, patrons, friends, neighbors, and the entire Black community. In doing so, we in the theater industry must examine our role in systemic racism. Our goal is to be an actively antiracist organization. We take responsibility and

are sorry for the times we have fallen short. We pledge to do better in the future.

After meetings and discussions with Black members of our staff, artists, and board, we have committed to the following actions as steps toward our future. Orlando Shakes will:

Invest in stories about the Black experience. We will program more stories and plays about Black, Indigenous, and People of Color (BIPOC) into our seasons.

Fund programs and artistry that celebrate Black lives. We pledge to create a long-term "Celebrating Black Artistry Fund" to facilitate more Black artists, playwrights and investment in the development of Black staff members.

Strengthen our commitment to diversity across our organization. We pledge to increase the number of BIPOC artists, staff, and board members of Orlando Shakes. We will also expand our efforts to diversify our volunteers and audience.

Transform transactional Black interactions into meaningful, lasting relationships. We pledge to reach out, connect and invest into the Black community of Central Florida, not only when we are producing a play about Black lives, but throughout our future.

Create, educate and perpetuate safe work spaces for Black staff members. The message on our front doors state that, "We welcome all races and ethnicities, all religions, all countries of origin, all gender identities, all sexual orientations, all abilities and disabilities, all spoken and signed languages, everyone." We pledge to make this true for our audience and our staff, with education, accountability

and responsibility to be an actively anti-racist organization, where Black lives are respected, nourished and heard for the important perspectives they bring to our theatre and our community.

The statements above will become a part of our immediate and long-range goals. We are creating and will share action steps, metrics to track progress, and accountability on these points. These goals will be evaluated yearly for further development and changes if measures do not bring about levels of diversity and equality for BIPOC artists and staff. We are committed to a better, more diverse, inclusive, and anti-racist future in partnership with our Central Florida community.

From Page 1.

For more information regarding the Winter Park Police Department, please access their website at wppd.org.



INSPIRING CARE TO FOLLOW MY DREAMS.

After suffering a traumatic wrist injury, Paula worried that becoming a

surgeon was out of reach. With life-changing care from the Orlando Health orthopedic team, she received reconstructive surgeries and physical therapy that saved not just her hand, but her hopes and dreams. Thanks to her determination and her orthopedic surgeon who specializes in hand surgery, Paula can treat patients of her own one day.

Learn More at OrlandoHealth.com/Stories

ORLANDO HEALTH[®] Orthopedic Institute





Cybersecurity awareness by Ron Frechette, The Cyber Coach Third-Party Security Risk Assessments On The Rise For SMBs

Over the past decade, enterprise companies have invested millions of dollars in building highly secure and compliant infrastructures

Ron Frechette

to avoid the risks of data theft, lawsuits, penalties for non-compliance, and of most importance, brand damage and loss of business. This has made it more time-consuming and difficult for cyber criminals to gain access to large enterprise networks. Threat actors were forced to shift their attack vectors towards smaller third-party service providers that are less secure.

Third-Party Risk Study

Apparently, this approach was extremely effective. In 2018, Opus and the Ponemon Institute conducted a third-party ecosystem risk study to understand the challenges companies face in protecting sensitive information shared with third-party vendors. Third parties include any company whose employees or systems have access to a companies' systems or data (e.g. managed IT service providers, law firms, email providers, web hosting companies, subsidiaries, vendors, sub-contractors).

- Some of the key findings revealed the following:
- 61% of US companies said they experienced a data breach caused by one of their vendors or third parties;

- 50% are unaware if supplier safeguards put in place are effective;
- 75% of organizations believe that third-party cybersecurity incidents are increasing;
- 16% attested they effectively mitigate thirdparty risk.

The study concluded that third-party vendors are one of the fastest-growing risks to an organization's sensitive data, yet less than half of all companies say managing third-party relationship risks is a priority. These findings caused larger companies to scrutinize the security practices of their current and future third-party service providers. That led to enterprise adoption of Third-Party Security Risk Assessments (SRAs). The first step in the process is to have all vendors complete a security questionnaire.

The Security Questionnaire

Towards the latter part of 2018, cybersecurity consulting firms began to receive an increase in calls and emails from small-midsize businesses (SMBs) saying they were receiving letters from their larger clients requesting they complete a security questionnaire. The primary concerns the SMBs had were not understanding the questions and answering them accurately and completely. This can be an intimidating process for many SMB executives who may not possess the proper security skills. Enterprise companies may also require vendors to provide evidence of security such as policies and procedures, pen test reports, and remediation plans. In some cases, they will request to have an onsite security risk assessment.

Top 10 Most Common Security Questions Asked

The following are the most common questions an SMB should be prepared to answer when they receive a security questionnaire:

- 1. Do you have an Information Security Policy and how often is it updated?
- 2. Do you have an Information Security Officer that is qualified for the role?
- 3. Do you conduct annual Security Risk Assessments?
- 4. Are you conducting annual vulnerability/ penetration testing of your network?
- 5. Do you have an Access Privileges Policy?
- 6. Do you have a Third-Party Service Provider Security Policy?
- 7. Do you perform Annual Security Awareness Training with executives and employees?
- 8. Is your data encrypted in transit and at rest?
- 9. Can you provide a copy of your Disaster Recovery and Business Continuity Plan?
- 10. Do you have an Incident Response Plan and is it tested and updated annually?

Continued on page 11.

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



Avesha G. Shenk

tions for them, unachievable expectations for me, grief over what life is at this moment versus what I had unconsciously expected it to be, etc...etc...

The Buddhists adhere to an established perspective on expectations... generally oversimplifying this is essentially that 'expectations are the root of all suffering."

Ouch.

To be more accurate, perhaps it's our attachment to the expectation that is the root of all suffering but either way, no wonder I'm 'struggling.'

When triggered, I (like most) can find myself three levels down into disappointment/frustration/anger/fear before I can even accurately tell you what it was I had an expectation about and how it pectations. Thereby making it literally impossible

Great Expectations

On the eve of my children

'going back to school' (a term

I use loosely this year) I find

myself struggling with expec-

tations. Unfulfilled expecta-

"I just feel so frustrated that I was supposed to go to college this fall and now it's all been pushed online."

Underlying every thought and reaction is a subtle, subconscious expectation for better or worse. It's become so common-place and such an automated response within us, that it's hard to even extract the expectation before the response to the expectation triggers a feeling for us. Often an unpleasant one.

Great... so what are we supposed to do?

Fear not; There is, in fact, a workaround.

It's not new or radical, I'm afraid, but it does work and is yet one more reason to practice it.

Presence.

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

If you are able to fully steep yourself in the present moment and feel the experience of exactly what is happening now (without lamenting over what did or didn't happen in the past or anticipating/ worrying/angsting about what may come next) it is virtually impossible to create and attach to exafter losing my father less than three months ago, etc... etc... etc...

All of these things are true - but all of them are connected to an expectation yet to be met.

Instead, look around. Ground yourself in the physical, emotional, material, psychological, and spiritual experience of what is happening right now. From the aspirational to the mundane.

The tea cake baking has filled the house with sweet, warm notes, the pillows are comfortably situated beneath me as I type this, my children are getting along amazingly well for the moment, our sweet, old Lab snores softly beneath us. The world and everything in it at this moment, within this home, is exactly as it should be. I am grateful. This is the very moment of life for which my husband and I work so hard and wish so often, when things are not aligning quite as well.

This is the moment. Soak it in.

was unmet. Creating and attaching to our expectation is a desperately unconscious practice that we engage in at Mach speed. If you stop to assess how you're truly feeling about



to feel the pain of the unmet expectation. What does this mean? I could (and perhaps on other days would) be preoccupied by thoughts and worries about...my

daughter's online classes not showing up for her, my son not being able to experience his first day of middle school as I would have wanted him to, my little one missing out on the interaction and instruction she was supposed to get from 'school' starting this fall, my husband's work still being suspended, my client load for the week, the delicate balance between being in my clients' stories with them versus being consumed by their stories for them... The pending bills, the looming house repairs, my best friend's health, my dear friend's loss, my own grief

There is no expectation about this very moment littering my consciousness and therefore there is no suffering as a result. I am filled with an awareness of all of the good and real things in my present and it is profound.

I recognize that this is all a bit heady (and likely requires greater explanation and more practice) but in the midst of the uncertainty of the world in which we live, with health and politics and conflict and angst swirling around every corner... Practice Presence. Exercise Gratitude. Attach to the wonder of your life as opposed to the fear of the unknown and the expectation of the dire.

Till the next time, Be Well; Live Meaningfully. Ayesha

Ayesha G. Shenk, M.A. practices at 2150 Park Avenue North as a Licensed Mental Health Counselor and can be reached at ayesha@livemeaningfully.net or 407-796-2959.

something - anything really - and try to dissect from where it comes, I would contend that there is likely a subtle expectation lurking under the surface that is causing you to feel the feeling.

From pleasant to unpleasant emotions, large to small incidences - the spectrum is littered with expectations.

"I had the greatest birthday, my husband got me exactly what I wanted."

"I'm so nervous about my job, what if there are more layoffs?"



in the garden by Stephen and Kristin Pategas

Gardening For Yourself – And Others

The world of gardening has exploded, and many people have recently discovered the joy of growing edibles. Yard, grove, terrace,

Stephen & Kristin Pategas

container, or windowsill to table means having fresh produce, reduces trips to grocery stores, increases shelf-life, and connects us to nature.

Helping others is another potential benefit of growing our own fruit, herbs, or vegetables. Since 1995, over 20 million pounds of produce providing over 80 million meals have been donated by American gardeners. All of this has been achieved without government subsidy or bureaucratic red tape - just people helping people.

The Launch

Launched in 1995, Plant a Row for the Hungry (PAR) is a public service program of GardenComm, formerly the Garden Writers Association (GWA). Garden writers encourage their readers/listeners to plant an extra row of produce each year and donate their surplus to local food banks, soup kitchens, and service organizations to help feed America's hungry.

There are over 84 million households with a yard or garden in the U.S. If every gardener plants one extra row of vegetables and donates their surplus to

The world of gardening has local food agencies and soup kitchens, a significant exploded, and many people impact can be made on reducing hunger.

PAR provides focus, direction, and support to their volunteer committees that promote herb, vegetable, and community gardening at the local level. PAR provides training and direction to enable committees to reach out into their communities. Finally, PAR assists in coordinating local food collection systems and monitors the volume of donations being conveyed to food agencies. 48 states have PAR committees and there are two in Central Florida - https://gardencomm. org/FindPARCommittees.

PAR began in Anchorage, AK, in the garden column of Jeff Lowenfels, former GardenComm president. He asked his readers to Plant A Row of vegetables for Bean's Cafe, an Anchorage soup kitchen. The program was so successful, he introduced it to GWA as a national program.

It took five years to reach the *first million* pounds of donated produce. The next *million* was reached in only two years, and in the next 10 years, more than a million pounds of food has been donated each year. Since 2011, nearly *two million pounds* of food has been donated each year. This is a significant contribution considering that each pound of produce supplements four meals.

Hunger in America

According to the U.S. Department of Agriculture, one in eight households in the United States experiences hunger or the risk of hunger. Many frequently are in food deserts, skip meals, or eat too little, sometimes going without food for an entire day. Approximately 33 million people, including 13 million children, have substandard diets or must resort to seeking emergency food because they cannot always afford the food they need. The demand for hunger assistance has increased by 70% in recent years, and research shows that hundreds of hungry children and adults are turned away from food banks each year because of lack of resources.

Make It Happen

Support Plant a Row and help make a difference in your community. Check out these links to get started:

Start a PAR campaign:

https://gardencomm.org/StartPARCampaign, Make a PAR donation:

https://gardencomm.org/PARDonation

Thank you to GardenComm for providing much of this content.

Find contentment by growing, eating, and sharing the bounty from a garden.



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.



Attorneys | Executive Consultants | Mediators

Aubrey H. Ducker, Esq

Anthony J. Diaz, Esq.

TODE CONTRACTOR AND

E

11 11

田戸

Collaborative Divorce

201 E. Pine St., suite 445 Orlando, FL 32801

407-647-7887

www.cplspa.com

pop culture detours by George McGowan

So Many Books, So Little Time

I'm a reader. Not the most dedicated one, that would be my wife who can read a book a day, and often re-reads books she has already read before. I need to read more because I add books to my "want to read" list much faster than I read them! But I need to quit a nasty habit of simultaneously reading several books at one time. I have three in progress! I acknowledge the insanity of my foible but at least it's not smoking, drinking to excess, or generally being a detriment to society. I am only harming myself in the end.

All three of my current books are interesting though, and I would like you to know more about them. The first is the latest one my book club is reading: "How to Think Like a Roman Emperor: The Stoic Philosophy of Marcus Aurelius" by Donald J. Robertson. That's right, my book club is very sophisticated and esoteric, whatever those words mean! This book uses the life and philosophy of the last Roman emperor of the good old Pax Romana days to help guide our thinking about today. While anyone can simply pick up Marcus Aurelius' "Meditations" for many a good word about achieving fulfillment and being emotionally resilient, Robertson uses the example of Aurelius and his beliefs and connects them to modern psychology, specifically something called "Cognitive Behavioral Therapy." As I understand it, our outward behavior

is affected by our inner thoughts, so we should manage our thoughts and actions using the stoic philosophy, in simple terms: do what is just, temperate, and courageous, and reject the opposite; all the rest is noise.

I can't say that the other two books I am reading are any less mind-altering, and here they are: "Say Nothing: A True Story of Murder and Memory in Northern Ireland" by Patrick Radden Keefe and "The Deficit Myth: Modern Monetary Theory and How to Build a Better Economy" by Stephanie Kelton. The first book, about "The Troubles" in Ireland in the 1960s and 1970s, is a recommendation from my daughter, a well-read person herself. As someone with Irish heritage, I am woefully under-informed about the history of my forbears who lived through this terrible and terrifying time. The book uses the stories of the real villains and victims of this most bitter conflict to illuminate this dark history and make it come to life.

"The Deficit Myth" is a fascinating look at economics and in the author's

view, the falsity of most of citizens' concern about deficit spending by the federal government. Instead, the author argues that the policies of the federal government should concentrate on achieving full employment while managing inflation. The book benefits from the author being an educator. She is quite able to explain a complicated subject with simpler terms and understandable examples. As with all the current books I am reading, I am finding it a very interesting and timely read.





protection and service by Jim Whitman, Winter Park Police Department

Working Hard For Your Money

As we welcome September, the first thing that usually comes to mind is the Labor Day holiday. As a child, Labor Day meant one thing, summer was over and school was about to begin. As an adult, it is recognized as another federal holiday and a three-day-weekend. If you were to research the holiday's origins, you would find that (even though there is some confusion as to who proposed it) the holiday was proposed to recognize the American Labor movement and the contributions of laborers. Although the holiday was recognized by several states beginning in the late 1880s, it wasn't until 1894 that the federal government recognized the first Monday of September as the official day. One rendition of the origin of Labor Day states that the reason the first Monday of September was chosen was that it was the halfway point between the previous federal holiday, the Fourth of July, and the next holiday, Thanksgiving. Of course, we all have heard that Labor Day marks the end of the cultural summer season and most sports enthusiasts know that the first college football games are played on that weekend.

to emerge daily and the amount of creativity never seems to end. Scams involving home rental continue to propagate. The premise consists of a scheme where crooks take deposits on homes that don't actually belong to them, that are listed for rent over the internet. This is achieved by the scammer replicating a seemingly legitimate home rental listing, and a prospective tenant wiring money to a specified account as directed by communication with the scammer. Once the unsuspecting "renter" arrives they discover that they have unwittingly paid money for a property that is already rented. Another scam involves the sale of vehicles over the internet, wherein the "scammer" poses as a purchaser and offers to buy the vehicle and sends funds for the purchase and transport of the vehicle but "accidentally" overpays and asks that the seller please send the overage back to the buyer. The seller has unsuspectingly sent money to the "scammer" and no sale of the vehicle ever takes place. Of course we still hear of telephone scams that occur wherein a business is contacted either during very busy times or on weekends and told that their utility company has not received payment and is going to disconnect utilities unless payment is made immediately. The business, in a fit of desperation, provides either a credit card number or

sends money via electronic funds transfer, only to later learn that they have become a victim of a scam.

As always, it is best to remember the old adage, "If it seems too good to be true, it probably is." When conducting internet transactions, always make payment via a credit card or pay service such as PayPal so you will have recourse if something does not appear right with the transaction. If conducting a real estate transaction, meet in person at the property and verify that the person you are meeting does indeed have the authority to handle the transaction (verify they have keys, are listed as the owner on the property appraisers website, or have official paperwork giving them authorization to conduct the transaction). Never let time pressure you to "make a deal" and let your guard down. Lastly, utility companies will never discontinue services without notifying you multiple times via mail or electronic communication. If you are contacted by phone, before sending any funds initiate contact with your utility company first to verify any connection issues.

Just as you labor for your paychecks, many crooks labor on ways to separate you from your hard-earned wages. Scams exist in many forms and as you have seen, a new internet scam seems As we celebrate this Labor Day, remember that you don't "work for free" and therefore you should never let your guard down and let someone take advantage of your hard labor!

schools



Dommerich Elementary PRINCIPAL KAREN VERANO

Dommerich Elementary welcomed LaunchEd and Face to Face students to the new 2020-21 school year.



Pictured above, staff from Dommerich Elementary mask up for the new school year.



Glenridge Middle School Principal chris m. camacho, edd

Hello Glenridge Families,

I hope each and every one of you, as well as your families, continue to remain safe and sound. These past several weeks continue to remind me of the importance of thinking positively. It isn't always easy, but I remind myself, every day, how grateful I am to work alongside such dedicated teachers and staff whose sole mission is educate our children for a rapidly changing world around them. I also think about the challenges today's world is bringing each of you and I would like to thank each of our parents and community members for the hard work you place into preparing our students for school every day.

Please know it will always be my intent to keep our community informed of school events and updates. With that said, I encourage you follow Glenridge Middle School on our social media platforms: Facebook, Instagram, Twitter, and our school website. In addition, I send out a weekly electronic newsletter. Family emails are those obtained from our Skyward contact information. If you are not receiving the weekly newsletter and would like to subscribe, please feel free to email me at christopher.camacho@ocps.net and I will ensure you are added to the weekly newsletter distribution list. Thank you again for all you do to support Glenridge Middle School, our teachers and staff, and most importantly, our students. Know we couldn't do it without you. Take care, stay well, and stay strong. Go Lions!

Thank you to the Winter Park HS Foundation, who helped make our latest campus beautification project a reality. Please note the landscaping between the cafeteria and the auditorium, if you are able to visit the campus.

Pictured below, goody bags from Winter Park High School.



Winter Park Presbyterian PreSchool

We're back! Winter Park Presbyterian Preschool has begun the school year with many smiling faces, both new and familiar. Some are wearing masks, but we can see the smiles in their eyes and hear their laughter.

Everyone is pleased to see the extensive building renovations and grounds improvements that took place this summer. All preschool buildings have new roofs and gutters. Excavating and grading was done to improve drainage when we receive a heavy rain. Magnificent palm trees, new sod, and flowering plants have been added around campus. The toddler playground renovations include artificial turf and a huge sun shade.

It is truly wonderful to have children back in our school, and we are grateful to all of our families for their support. Every day here is truly a blessing.



Winter Park Presbyterian Preschool students are happy to be able to play again on the ever-popular pirate ship.

From Page 8.

Cybersecurity Adoption for SMBs

Most SMB executives Thought Leadership will admit they may be a Reputational Risk bit behind the curve when Market Advantage it comes to having mature Long Term Growth Loss of Business IT security, compliance, and privacy programs embed-2019 ded into their corporate cul-2015 ture. It's ok! The fact is, the majority of the SMB world is still behind, as seen in the market bell curve. The rise in requests for Third-Party Security Risk Assessments will continue to drive SMBs up the bell curve towards cybersecurity adoption, or they risk losing clients and contend with the huge costs and headaches of data theft, lawsuits, penalties for non-compliance, and of most importance, brand damage.



Winter Park High School PRINCIPAL MATTHEW ARNOLD

Winter Park High School began a school year in August like no other. Our dedicated teachers spent a great deal of time learning and practicing the new LaunchEd mode of interactive education in order to get this year off to a great start. Of course, part of the reason for our success is the supportive members of the PTSA, who were instrumental in providing goody bags and a Welcome Back lunch for the staff.

A Case Study

Sixty percent of small-midsize businesses that experience a breach are filing bankruptcy within 6 to 12 months. The American Medical Collection Agency (AMCA) is a great case study (entering bankruptcy after a data breach) and illustrates how impactful vendor data breaches are, and the widespread effect they have on



people and the overall economy.

If you own a small-midsize business or work for one, the time to adopt good cyber hygiene practices is now. Until next month, wishing you a safe journey in cyber space!

Questions? Email me at ron.frechette@goldskysecurity.com or send me a tweet @GoldskyRon.

Sources: https://www.businesswire.com/news/ home/20181115005665/en/Opus-Ponemon-Institute-Announce-Results-2018-Third-Party https://healthitsecurity.com/news/amca-fileschapter-11-after-data-breach-impacting-questlabcorp#:~:text=According%20to%20Quest's%20 8%2DK,data%20like%20Social%20Security%20numbers.

3D Mammos in 30 Minutes

These days, it's not unusual to put off things on your "to-do" list. Getting a mammogram isn't something you should delay. AdventHealth provides 3D mammograms in 30 minutes for just \$30 with easy online booking, and we're taking extra precautions to keep you safe when you visit. **Take time for you.**

ScheduleYourMammo.com

\$30

screening mammos in September and October

