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Fight The Flu: Get Your Flu Shot

The Florida Department of Health encourages all Floridians to Fight the Flu by getting a flu shot this season. Getting the flu shot is the first and most important step to fight the flu and its potential serious complications. Getting a flu vaccine this fall will be more important than ever, not only to protect against infection and help prevent the spread to others, but also, to help conserve potentially scarce health care resources.

Flu shots for children and adults are available at the Florida Department of Health by appointment. Flu shots are free for children six months through 18 years of age. For more information on immunizations visit www.floridahealth.gov. You may also get the flu vaccine through your health care provider, local pharmacy, or supermarket.

"Getting a flu shot each year provides protection for you, your family, friends and others. Following CDC guidance and practicing social distancing and face covering prevention measures are important to stay healthy when going to get a flu vaccine, to prevent exposure to COVID-19," said Donna

Walsh, health officer for the Florida Department of Health in Seminole County.

Influenza (flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and by contrast,

the flu is caused by infection with influenza viruses. It is possible to have flu, as well as other respiratory illnesses, and COVID-19 at the same time. Some of the symptoms of flu and COVID-19 are similar, making it difficult to tell the difference between them based on symptoms alone. Diagnostic testing can help

determine if you are sick with flu or with COVID-19.

It takes about two weeks after vaccination for your body to develop protection against the flu, so the Centers for Disease Control and Prevention (CDC) recommends getting the flu shot by the end of October each year to prepare for

Continued on page 6.





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Publisher's Message



Rick Cable

Our current state is one of uncertainty given all that is happening now. COVID-19 is still a major issue, as it continues to affect everyone in some fashion. It runs the gamut from job loss to death, and I do not see a solution to this anytime soon. We are also dealing with the upcoming election, and all I will say about this is make your voice heard by voting. Do not waste your time talking politics to try to change anyone's mind, just vote.



Dining outside on Park Avenue photo from winterpark.org

This brings me to supporting local businesses. October kicks off the all-important fourth quarter for our local retailers, and they could really use our support. Wear a mask, social distance, and please shop local. I know the businesses and restaurants are cleaner than they have ever been and shopping locally directly benefits our community. Do not hesitate to call a local busi-

ness to see about making a purchase with curbside pickup. I am sure they would appreciate the opportunity for your business.



Ruth Bader Ginsburg photo by Todd Heisler/The New York Times

In closing, I want to share how sad I was to learn of the passing of Justice Ruth Bader Ginsburg. She entered the world just like everyone else. In that I mean, that first cry to clear the lungs upon birth. Then with a life of ups and down, along with hard work and determination, she became wicked smart. And in a time dominated by males, rose to take a place within the highest court in the land. She made a positive difference for all of mankind, and I am grateful for her service. I think Sam Adams should re-release their "When There Are Nine" beer in her honor. RIP Notorious RBG.

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

Rick
Rick Cable
Founder/Owner

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What a difference a few months can make! Our "new normal" has people re-evaluating their lives — considering renovations of their existing homes and purchasing new ones, investing in RVs to "safely" get away, or making changes to their businesses to give them a better footing in the current market. Your insurance coverage may need to change as well.

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City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

As I write this, it is a balmy 84 degrees, which is practically a cold front for Florida. While Florida doesn't have a fall season in the traditional sense, there is still something about the start of October that makes me happy. And while 2020 has been a year like no other, our community is adapting and finding ways to continue to enjoy life here in Central Florida.

Not too far from our city, there are many wonderful farms that are working hard to survive, not only during these unique times, but all the time. Many are hosting fall festivals, corn mazes, and pumpkin patches at reduced capacity to allow for social distancing.

Santa's Farm (santaschristmastreeforest.com) in Eustis, Southern Hill Farms (southernhillfarms.com) in Clermont, Long and Scott's Farm (longandscottfarms.com) in Mt. Dora, and Lake Catherine Farms (lakecatherineblueberries.com) in Groveland are just a few of the great places you can visit to support our local agricultural community. From scary to silly, there is something for the whole family.

Sea World is showing some classic Halloween-themed movies this month as part of their "Flicks and Frights" movie series. From "Ghostbusters" to "Beetlejuice"- all the movies to get you into the spooky spirit will be shown in a drive-in movie experience. Visit seaworld.com for details.

If Sea World or a farm is too far to travel right now and you would rather stay closer to home, I am glad to report that our playgrounds and outdoor amenities, like volleyball and basketball, have been reopened. In order to help us keep them open, please wear a face covering, practice social distancing when possible, and limit your time at these locations in order that everyone who wants to enjoy them can do so, while keeping attendance lower. The City will be doing our part to regularly sanitize all the equipment and has invested in backpack mist sanitizer machines to help us with this task.

While not Halloween related, the Science Center debuts the world-renowned Pompeii exhibit this month. Thanks to Orange County's Arts and Cultural Affairs Program, the Science Center will be one of only three sites in the United States to host "Pompeii: The Immortal City." This interactive exhibit truly brings the city to life and is one you won't want to miss. Visit osc.org for details

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

and ticket information.





With most Florida trees not being deciduous, leaf viewing isn't a popular Florida fall pas-time, but we still have some amazing trees that are worth exploring. From Constitution Green, to Big Tree Park, to Loch Haven, we have some wonderful specimen trees here in Orlando. To help us preserve our tree canopy, we once again are providing free trees to any loving homes that are in the city limits. Visit arborday.org/cityoforlando and residents can choose from a Bald Cypress, Live Oak, or a Dahoon Holly.

Speaking of Orlando programs, our new City fiscal year began on October 1st. With the same millage rate as previous years, we again passed a balanced budget. As Mayor Dyer said, "This budget allocates funding that allows us to continue making investments in economic development, housing, public safety, infrastructure, career training and education, which are more important than ever as we continue to overcome the challenges of this pandemic." If you would like to read more, please visit orlando.gov/budget.

Now more than ever, thank you for your support of our great community. I look forward to seeing you (from afar) out and about around town this month.

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Winter Park Mayor's Message

Mayor Steve Leary



Steve Leary

At-Large vs. Single Member Districts

The City of Winter Park elects its mayor and city commissioners to serve its community at-large, meaning each commission member represents every person equally and is not confined to represent a singular geographic area within the city. Single member districts is another type of representation wherein voters within a geographically defined area select a single individual to represent them on the city commission. According to the National League of Cities, at-large election systems are prevalent at the municipal level and tend to be more practical in small cities, of which Winter Park is one.

Moving from at-large to single member districts requires a modification to the City Charter. This past year, the City Commission appointed a Charter Review Task Force to recommend items for the commission to consider including on the most recent municipal ballot. From one of the members who sat on the Task Force:

"...the Charter Review Commission recently considered this issue. In fact, it spent more time considering this issue than any other issue that came before the group.... In multiple reviews the vote for single member districts was never favorable."

The City Commission further discussed this issue when evaluating the final report of the Charter Review Advisory Committee and adopting the ordinance to establish the ballot questions. The Commission ultimately chose not to include on the ballot.

I'm sure in the coming months you will be hearing more of the pros/cons of the different form of representation. These will include dividing the city creating more divisiveness, only voting for a single representative rather than having five people represent you, etc.

Amending the Charter for this purpose could be done in two ways:

- 1. **Initiation by Ordinance** – the City Commission may by ordinance propose amendments to the charter.

- 2. **Initiation by Petition** – electors for the city may propose amendments by petition signed by at least 10% of the total number of qualified voters registered to vote.

Recently a few residents requested the City Commission bypass the traditional Initiation by Petition process claiming that it was unfair to ask them to collect signatures door-to-door during the current COVID-19 crisis. This does run counter to the door knockers who worked during the recent primary elections as well as the census takers currently still going door-to-door.

On August 26, this small group succeeded in convincing three members of the City Commission to vote in favor of an ordinance to be drafted for a referendum on single member districts. I was one of the dissenting votes. This referendum would be placed on the March 2021 ballot for voters to decide if single member districts is or is not in the best interest for the governance of the city as a whole.

For more information regarding at large and district elections, please visit the National League of Cities at nlc.org/resource/cities-101-at-large-and-district-elections.



The Charter Review Commission recently considered this issue. In fact, it spent more time considering this issue than any other issue that came before the group... In multiple reviews the vote for single member districts was never favorable.



County Commissioner's Message

Commissioner Emily Bonilla,
Orange County District 5



Emily Bonilla

I am honored the people have chosen to re-elect me for another four years. We still have more to accomplish. Thank you to all who supported me, I look forward to continuing to serve my constituents. We had another successful mask giveaway drive-thru and I was able to donate over 5,000 facemasks to the community. I want to thank Million Masks Challenge for donating a total of 1,000 cloth masks for us to distribute, and the volunteers who helped us at all our events.

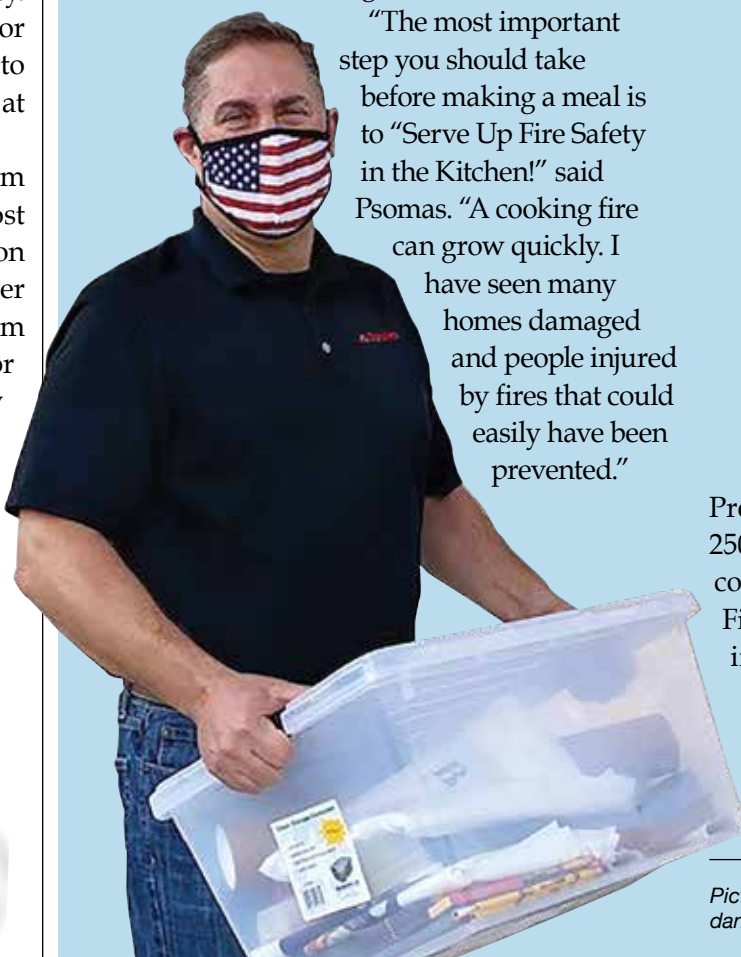
The COVID-19 Eviction Diversion Program has opened and is designed to help the most vulnerable tenants in imminent danger of eviction due to COVID-19 and provides the property owner with an alternative to eviction. The program provides up to \$4,000 in past-due rent for landlords and tenants who meet the eligibility criteria. For more information please visit the counties webpage on COVID-19 EVICTION DIVERSION PROGRAM Orange CARES. If you need financial assistance during these hard times please also make sure to visit my website with helpful financial information that may be of use to you at Emilybonilla.com



State Farm Agent Helps Baldwin Park Elementary Families Reduce Fire Dangers

State Farm agent John Psomas is teaming up with Baldwin Park Elementary to promote this year's Fire Prevention Week campaign, "Serve Up Fire Safety in the Kitchen!" The campaign works to educate everyone about simple but important actions they can take to keep themselves and those around them safe.

According to the National Fire Protection Agency, cooking is the leading cause of home fires and home fire injuries in the United States. Almost half (44%) of reported home fires started in the kitchen. Two-thirds (66%) of home cooking fires start with the ignition of food or other cooking materials.



"The most important step you should take before making a meal is to "Serve Up Fire Safety in the Kitchen!" said Psomas. "A cooking fire can grow quickly. I have seen many homes damaged and people injured by fires that could easily have been prevented."

State Farm and Baldwin Park Elementary want to share safety tips to keep you from having a cooking fire.

- Never leave cooking food unattended. Stay in the kitchen while you are frying, grilling, or broiling.
- If you must leave, even for a short time, turn off the stove.
- If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you're cooking.
- You must be alert when cooking. You won't be alert if you are sleepy, have taken medicine or drugs, or consumed alcohol that makes you drowsy.
- Always keep an oven mitt and pan lid nearby when you're cooking. If a small grease fire starts, slide the lid over the pan to smother the flame. Turn off the burner, and leave the pan covered until it is completely cool.
- Have a "kid-free zone" of at least three feet around the stove and areas where hot food or drink is prepared or carried.

State Farm agents are delivering Fire Prevention Week toolkits to more than 2500 fire departments or schools across the country. Each toolkit includes resources for Fire Prevention Week (October 4-10, 2020), including brochures, magnets, posters and more.

For more general information about Fire Prevention Week and cooking fire prevention, visit www.fpw.org.

Pictured at left: John Psomas helps families reduce fire dangers by delivering Fire Prevention Week toolkits.

Creating A Joint Force In Orthopedic Care



The human body was made to move – to lift you up and carry you through. When your bones and joints are injured or painful, you can't enjoy the activities that bring fulfillment to your life, making it hard to feel whole. That's why AdventHealth has partnered with Rothman Orthopaedic Institute, internationally recognized in the field of high-quality orthopedic research, treatment and associated services, to elevate the standard of orthopedic care and sports medicine in Central Florida.

"AdventHealth is making a major investment to bring more health care services to Central Florida, while building a connected, innovative system that is designed around the consumer's needs," said Daryl Tol, president and CEO of AdventHealth's Central Florida Division. "Rothman Orthopaedics is a world leader, and together with the AdventHealth Orthopedic Institute, we will push the field of orthopedics into a new phase of research, prevention and treatment."

Rothman Orthopaedics has repeatedly been

ranked as one of the nation's best orthopedic providers. Long established as an orthopedic authority in the Northeast – particularly in Pennsylvania, New Jersey and New York – Rothman has a reputation for providing top-tier compassionate and affordable musculoskeletal care grounded in evidence-based medicine. They are the official team physicians for the Philadelphia Eagles, Phillies, 76ers, and the Radio City Rockettes, and evaluate more than 300,000 patients and perform 65,000 surgeries each year.

For Rothman, the relationship with AdventHealth is a natural fit. Clinical teams at Rothman, which is celebrating its 50th anniversary in 2020, focus on sub-specialized orthopedic care including sports medicine; joint replacement; spine; shoulder & elbow; foot & ankle; hand & wrist; orthopedic oncology, trauma and fracture; and physical medicine and rehabilitation.

"As a health care leader and innovator, we are



At left: A new landmark in the downtown skyline is set to rise on the greater AdventHealth Orlando campus, bringing a range of new and expanded services to Central Florida.

excited to share the same vision of bringing high-quality orthopedic care to the communities we serve," said Dr. Alexander R. Vaccaro, president of Rothman Orthopaedic Institute. "We look forward to working alongside AdventHealth and continuing to bolster world-class service offerings and resources."

In partnership with AdventHealth, Rothman physicians will begin seeing patients in the greater Orlando area in early 2021, headquartered out of a 12-story, 300,000-square-foot building AdventHealth will build adjacent to Interstate 4 at Rollins Street and Dade Avenue. The tower that will house Rothman's operations will also include space for neuroscience, imaging, rehabilitation, and research. The building and expanded services are part of the evolution of the 172-acre Health Village campus. Health Village – the home of AdventHealth Orlando, AdventHealth for Women and AdventHealth for Children – also includes centers of innovation and medical research, as well as residential, retail, dining, and lodging options.

For more information on the orthopedic partnership, please visit TransformingOrtho.com.

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Preparing Your Dog For A Post COVID-19 Future

By Audri Ferguson

With restrictions being lifted on many business, people are beginning to return to work outside the home. While they may be happy to head back to the office, their pets may be less than delighted.

Pet parents might come home at the end of the workday to some unpleasant surprises from their pets. These might be a result of anxiety in a change of routine that for the last several months had pet owners working from home. Pet owners shouldn't be surprised.

Some problems that were once resolved may rise again once owners return to work. These might include chewing or destroying furniture, shoes or other objects; and pets that were previously house-trained reverting to defecating in the home. Here is some advice to combat these negative behaviors.

- **Hire someone, (preferably a trained pet sitter) to come over and spend time with pets.** Playing with them and taking the dog(s) for a walk, may help calm them by having a human nearby, even if it's just for part of the

day. Once the pet's anxiety is reined in, it might be possible to reduce the number of visits and the amount of time the hired person spends with the pet. It's imperative that the pet owner work with the provider to get feedback.

- **Consider introducing CBD to the pet.** It could bring about a sense of calm to an anxious animal. Make sure to consult with the pet's veterinarian first.
- **For dogs, a Thunder T-shirt or similar article might be the answer.** Thunder T-shirt is a dog anxiety wrap designed to provide gentle, constant pressure to the dog's body, producing a calming effect.
- **Introduce a new toy when leaving the house.** After a couple of days, take back that toy and introduce a new one, which establishes a positive association for the pet when the owner leaves. But Ferguson advises against chew toys that can present a choking hazard.



Another concern is pets that have become fat during the COVID-19 crisis. Thankfully, that problem can be easily addressed by adjusting the amount or type of food fed to the pet, reducing the number of treats given, and increasing walks.

Finally, just be aware of your pet's behavior. The most important thing is that pets feel like someone is there, and that someone cares.

Audri Ferguson is the owner of A Dog's Friend, a licensed and bonded company. You can reach her at: (818) 515-9251 or email: adogsfriend@hotmail.com.

Cecily Crossman's New Day Made No. 1 New Release On Amazon.com

A collection of Cecily Crossman's poetry, "New Day," was just republished. Written in the 1960s and 1970s, Crossman's poems will make most people today laugh, some people cry, and many will see a little of themselves. "New Day" was ranked as Amazon's number one new release in its first week.



Crossman says she wrote poetry as

a personal release of her feelings during the turbulent decades of unrest for minorities and women as she and her husband served in ministry with the United Methodist Church. The poems offer her unique perspective on life as a dedicated wife raising a family of four while defining and preserving

her own identity, and pursuing a career at a time when it was not the popular thing to do.

Several reviewers said the poems present real issues with humor and sentiment and are as relevant today as they were 50 years ago. Crossman self-published the initial thin book of poetry in 1978, "which was no small task prior to PCs and the Internet," she said.

New Day is priced at \$9.98 on Amazon.com and is also available at Barnes and Noble. "After 50 plus years I was encouraged by friends and family to add a few new poems and republish "New Day." It's very gratifying to see how it has been received," Crossman added.

Access Social Security From Just About Anywhere

By Angelita Pacheco, Social Security District Manager in Orlando, FL

You can access our programs and services from just about anywhere with your personal and secure *My Social Security* account. It's easy to sign up for one, and it will give you access to important information you can't find anywhere else. With your personal My Social Security account, you can:

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 - Check the status of your application or appeal for benefits.
 - Review your work history.
 - Request a replacement Social Security card (in most States).
- If you already receive benefits, you can also:
- Get a benefit verification or proof of income letter.

- Set up or change your direct deposit.
- Change your address.
- Request a replacement Medicare card.
- Get a Social Security 1099 form (SSA-1099).

You can even use your personal *My Social Security* account to opt out of receiving certain notices by mail, such as the annual cost-of-living adjustments and the income-related monthly adjustment amount notice. These notices are now available in your Message Center when you sign in to your account. Please let your friends and family know that they can create their own *My Social Security* account today at www.ssa.gov/myaccount.

Retired Educators To Meet

The Orange County Retired Educators Association will meet online Thursday, October 1, 2020. The digital Zoom meeting will begin at 10:30 a.m. The program for this meeting will be "Mosaic of Cultures-Polish." Our guest speaker will be Aleksandra Ciecielag, PhD., the One Orlando Oral

History archivist. Anyone who has worked in education is invited to join this event. In order to receive an invitation to this digital meeting, please send your email address to Ocrea2018@gmail.com.

Please visit <http://www.ocrea-fl.org> or call 407-843-6909 for any further information.

From Page 1.

the increase in influenza activity. Annual flu vaccination is recommended for everyone 6 months and older. Getting a flu vaccine will not protect against COVID-19, however flu vaccination has many other important benefits. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death.

Receiving your flu vaccination if you are healthy helps to prevent illness in our most vulnerable populations. Vaccination is also

important for people who are at high risk for serious complications from influenza including infants and young children, people 65 years and older, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and those with a weakened immune system.

Check with your physician or use the Flu Shot Locator to schedule your vaccine by visiting www.FluFreeFlorida.com.



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Ron Frechette

cybersecurity awareness

by Ron Frechette, The Cyber Coach

Florida Steps Up Cybersecurity Education Efforts

The State of Florida took a major step to provide Florida business owners with the most updated information on the urgent need to recognize and respond to the ever-increasing cyber breach threats. The second annual Florida Cybersecurity Forum 2020 was held September 16-17. The theme of the Forum was how to help small-midsize businesses become secure and compliant. Businesses need to know how to protect the individual, national, and international interests of the United States.

This virtual event was made possible thanks to a collaborative partnership between the Foundation of Associated Industries of Florida (FAIF); the Workers' Compensation Institute (WCI); the Florida Department of Economic Opportunity (DEO); FloridaMakes; and the U.S. Department of Defense (DoD) Office of Economic Adjustment. The Foundation of Associated Industries of Florida (FAIF) is a great resource for help in beginning the cybersecurity education journey and securing your business for the future.

Over 700 attendees from a wide variety of industries across Florida were educated by some of the foremost cybersecurity thought leaders from both public and private sectors. These dedicated cyber warriors serve on the front lines daily and provided a crystal clear view of the current threat landscape as well as the threats expected in the future. They also armed attendees with the latest best security practices to mitigate the risks of experiencing a cyber breach and remain competitive in today's Digital Age. To say it was a spectacular event, especially for small and midsize businesses, is an understatement.

Day One Highlights – FL Lawmakers Sound Off

The Forum kicked off with "The Long View on Cybersecurity." This session was focused on the increasing frequency, dangers, and complexity of cyber-attacks and provided perspectives of how companies can leverage solutions like artificial intelligence and machine learning to protect their companies. Distinguished panelists included Major General Joseph Brendler (U.S. Army Retired), former chief of staff, U.S. Cyber Command; Bob Lentz, former deputy assistant secretary of defense for Cyber, Identity and Information Assurance (CIIA); and Bill Sweeney, a distinguished security engineer with Comcast.

"The Legal and Personal Financial Risks of Cyber Breaches" provided case law updates on legal liabilities assumed by a company when a security breach occurs because of subcontractors or third party vendors. There was a rigorous debate on whose insurance pays for the damages. Panelists included Commissioner David Altmaier, who leads the Florida Office of Insurance Regulation; Michelle Chia, head of professional liability and cyber at Zurich North America; and Robert A. Stines, a partner in the Tampa, Florida, office of Freeborn & Peters, LLP.

Senator Marco Rubio was the keynote speaker and delivered a compelling overview of the national risks associated with cyber breaches from nation-state actors like China, North Korea, and Iran. He shared how they are infiltrating smaller businesses to embezzle IP and their current efforts to steal top-secret information from the Defense Industrial Base (DIB).

Congressman Michael Waltz (FL District 6) and Florida's CFO, Jimmy Patronis, also made special appearances covering everything from the challenges small businesses face to secure their data, to how cyber criminals are succeeding in insurance fraud scams and the risks it poses to Florida's financial infrastructure.

The final session focused on "Cybersecurity and the Space Industry." This was a fascinating discussion that covered the significance for increased cybersecurity in space and the space industry. Distinguished panelists included Frank DiBello, Space Florida president & CEO; and Vice Admiral John McConnell (U.S. Navy Retired), the former director of the National Security Agency & executive director of Cyber Florida at USF.

Day Two Highlights – Get Ready For CMMC

Day two was dedicated exclusively to the new federally-mandated Cybersecurity Maturity Model Certification (CMMC) Program, set to become effective in 2021 for companies who do business with the DoD. Katie Arrington, CISO to the Secretary of Defense for Acquisition, was the keynote speaker and explained the overall intent of

Continued on page 10.

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

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TIFFANY'S FIREPLACE HOOD





at the MORSE

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Louis Comfort Tiffany's richly decorative iron fireplace hood, once thought lost, has been acquired by the Morse. A favorite of the artist, it was installed in Laurelton Hall, his legendary country home.



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Ayesha G. Shenk

live meaningfully

by Ayesha G. Shenk, M.A.

Lions And Fires And Covid, Oh My!

What a long, strange summer it's been.

From the profound impact Covid-19 has had on our lives, to fires out west, hurricanes lining up, and an impending election... life has been anything but expected.

There is no shortage of "wishing things were the way they used to be" and yet, did we really appreciate them when they were?

I'm guessing not.

But why?

There are a number of reasons, but at least one contributing factor is because our brains are somewhat wired to anticipate threat, to feel anxiety, to indulge fear, and to focus not on the present.

Anthropologically speaking, if one was not on their toes - scanning for predators, assessing food supply, and preparing for environmental catastrophes - life did not go well (or for long.) So, our natural indication to not 'rest on our laurels' or just 'enjoy things' was well earned and an important adaptation for survival.

However, now, I'm not so sure it's serving us with the same success. (Or, perhaps at all.)

There seems to always be something from the past which we resist moving through and something in the future about which we hold fear. (It has been said that a preoccupation with the past lends itself to depressive thoughts and a preoccupation with the future lends itself to anxious ones. So, there's that.)

Nonetheless, last month I wrote a lot about expectations and maintaining a focus on the present as a powerful tool in combating the pain of unmet expectations, so I'll resist the temptation to climb upon the soapbox yet again (however important and unintended to it is).

Instead, I'll say this - it is October. It is the beginning of an unprecedented season.

If you look around, nothing is really as it once was, nor will be any time soon. Though there will be plenty of masks this Halloween, it will surely be significantly different. A week or so later the election promises to bring its own scares, no matter on which side of the aisle you fall. And then we enter the race from Thanksgiving to Christmas to New Year... all with little understanding of how life will look on so many levels.

So what then are we, current cavemen, to do about our view of our environment and the narrative by which we live? Shall we just chalk this year up to a loss and request a 'do-over?' Should we Punxsutawney Phil it and hunker down only to emerge when someone says it's safe? Or should we just hold tight and brace ourselves for this season with the motive of getting through it as fast as possible?

Or perhaps, should we join? Can we laugh? Should we cry? Could we care? What if we would reach out and connect? Perhaps we stare fear, doubt, and tragedy down in the eye and find the strength to be here now... together?

No matter the devastation that plague, pestilence, famine, or drought brings - one thing remains. We are immutably here.

Together.

Despite religions, political affiliations, socioeconomic distributions and even life experience. We are collectively the same. We are here - and we can be here for one another.

This season boasts a lot of new opportunities. New chances to bridge the gap. New options to be creative in the ways we do what we have always done. New options to listen instead of speaking.

New choices to lean towards instead of away from.

No matter how you feel about Covid-19, what you think about the election, where your life has taken you unexpectedly this year for better and worse, these last three months of the year are yours to do what you will. The possibilities are limitless.

Right the wrongs, slay the dragons, love the neighbors, be the change.

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.

District Celebrates 33 National Merit Scholarship Semifinalists

Orange County Public Schools is celebrating 33 seniors from 11 OCPS high schools chosen as semifinalists for the 2021 National Merit Scholarship Program. The students listed below were among more than 1.5 million juniors in an estimated 21,000 high schools who took the Preliminary SAT/National Merit Scholarship Qualifying Test last year and met program participation requirements.

Boone	Colonial	Dr. Phillips	Lake Nona	Oak Ridge	Olympia	Timber Creek	University	West Orange	Windermere	Winter Park
John Slauter	Daniel Moraes	Sara Belal	Haejean Kwun	Anthony Torres	Lleyton Elliott	Diego Barros	Chloe Van Horn	Evan Dodge	Eshaan Dosani	Cain Cervenka
Abigail Stelmashenko		Simran Ghulldu	Kieran McInerney		Hui Ouyang	Brian Goldberg			Isabel Johnson	Jordan Gebaide
		Melanie Vazquez-Arroyo	Gabriel Ventura		Ishaan Patel	Gregory Kane			Joseph Thompson	Gillen Manos
					Jacob Sheldon	Daniel Lee				Adam Maulfair
					Ethan Thomas	Olivia Packham				Leilina Patel
						Dat Tran				Chung To
										Everett Vasquez

These seniors now have an opportunity to continue in the competition for one of the 7,600 National Merit Scholarships available. To advance as a finalist, the semifinalists and their high school must submit a detailed scholarship application proving academic and leadership abilities throughout high school. Finalist names will be announced beginning in the spring of 2021.



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in the gardenby Stephen and Kristin Pategas

Cool Plants In Our Garden 2.0

When an unusual plant is well-placed in a design whether in the ground or in a container, it really attracts attention. We have found these plants at plant trade shows, wholesale nurseries, online such as Plant

Delights, and sometimes garden centers. We use all of these in our garden and many were specified for and successfully grown in gardens we designed in Central Florida (Zone 9b).



Agave victoriae-reginae is a striking succulent on our front terrace.

• *Agave victoriae-reginae* - Queen Victoria agave: This spectacular agave grows as a mound reaching 12 to 18-inches wide and tall. The variegated architecturally shaped leaves each have one terminal spine. Do not plant this where a beach ball may be tossed about. Unlike most other agaves, this one dies after flowering and sadly, there are not any pups to salvage. The flower spike reaches 10-15' in height. It grows in Zones 9-11 with a minimum temperature of 20-30 degrees Fahrenheit. Protect from frost. It will thrive in full to part sun and may scorch in reflected heat. It is a succulent and well-draining soil is a must. The best bet to find this plant is to look online.



Aloe vera will do well in the ground or in a container.



Pink muhly grass in bloom is an eye-catcher in our home garden.

• *Muhlenbergia capillaris* - Pink muhly grass: This Southeastern US native grass is an eyecatcher when in bloom for weeks in late fall to winter. The fine textured leaves reach a width of about 30 to 36-inches and an 18 to 24-inch height. The pinkish airy blooms rise above the foliage and sway in the breeze. Plant at least three of these in a grouping to maximize the impact of the leaf texture and the blooms. Muhly grass will grow in moist to dry conditions. Cutting the foliage off at a six-inch height every two or three years in late winter will keep it looking fresh. Otherwise it does not require any trimming.

• *Aloe vera* (*A. barbadensis*): This aloe is well known for the burn healing properties of the gel in its spiny leaves. Break off a leaf and apply the sap to the skin. The plant could reach a two-foot height if planted in the ground. Otherwise the size of its container will control its ultimate size. In the spring, look for yellow to red blooms - there are color variations. The foliage is frost tender. It is a succulent and well-draining soil is a must. Young plants may be easily grown on a sunny windowsill. Do not overwater.



Autumn Sunset dwarf Asian jasmine as a groundcover.

• *Trachelospermum asiaticum* 'Summer Sunset' - Summer Sunset dwarf Asian jasmine: Dwarf Asian jasmines come in many cultivars and this one has electric variegation in its foliage. Look for full sun to part sun locations for this creeping groundcover plant. It is low water use and cold hardy into at least northern Florida. In the ground, allow it to achieve a six to eight-inch depth to minimize weeds. It also makes a good year 'round container plant as it cascades over the rim.

Hortus Oasis (FL26000315) in Winter Park is a boutique garden design company specializing in residential, commercial and specialty gardens. Stephen is a registered landscape architect and Kristin is a certified landscape designer. Contact them at 407-622-4886/garden@hortus oasis.com and visit www.houzz.com/pro/hortus oasis/__public. All photography by Stephen G. Pategas/Hortus Oasis unless otherwise noted.



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pop culture detours

by George McGowan

Is Television’s Funniest Series From The Great White North?

Television’s annual awards, the Emmys, were just presented and the surprise winner of all the major categories for TV comedies was “Schitt’s Creek” – a little-known Canadian series that originally aired on Pop TV in the United States. The series is the brainchild of Dan Levy, the son of Eugene Levy (who some of you of a certain age may remember from one of Canada’s first comedy exports, “SCTV”). “Schitt’s Creek” is a worthy winner of these accolades as it is unique, funny, and poignant. I have seen several seasons, and I recommend it highly – it is now available on Netflix.

However, I am not here to sing the praises of “Schitt’s Creek.” I am here to sing the praises of another Canadian sitcom with an equally strange



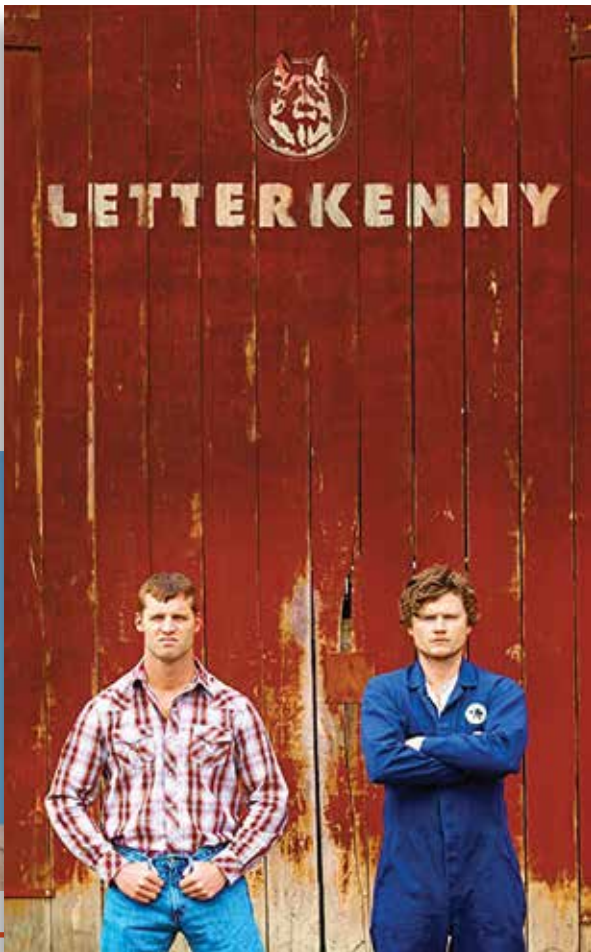
name – “Letterkenny.” “Letterkenny” began as a YouTube web series and was commissioned as a TV series in 2015 by the Crave TV network (a Canadian subscription-based rival streaming network like Netflix or Disney+). It has aired for nine seasons and is now available to us in the “Lower 48” on Hulu. After watch-

ing the first two seasons, I can attest that the show is hilarious, irreverent, nasty, sometimes unintelligible, and overall fantastic.

“Letterkenny” is set in rural Ontario and revolves around several groups of denizens of the imaginary town of Letterkenny. The main group is affectionately known as the “hicks” and consists of the main character Wayne, played by the creator of the show Jared Keeso. Wayne seems to run a farm and lead a group of friends who staff his produce stand. In actuality, no business is done at the produce stand, just kibitzing about the happenings in Letterkenny and its environs. The other groups in town include two “hockey bros,” Reilly and Jonesy, who fawn after Wayne’s beautiful sister, Katy; misfits led by the almost-charis-

matic Stewart; and locals from the neighboring First Nation reserve.

Interestingly, in researching the series, I came upon two glowing reviews- one from the *New Yorker* and one from *The New York Review of Books*, two publications that seem way too highbrow to weigh-in on a silly rural Canadian sitcom. In fact, the show’s creator referred to the show as “fairly lowbrow” in his comments to one of the highbrow publication’s writers. But I am here to report that escaping into the low-brow humor of “Letterkenny” is worth the effort after you have been able to decipher the Canada-isms that come flying fast and furious throughout. You may need to turn on the subtitles to catch every joke and make sense of the glossary of new slang you will be exposed to, such as: you’re ten-ply = you’re extra soft; electric lettuce (or free form herbal jazz) = marijuana; tilly-time (or donny-brook) = time for a fight; and pertnear – as in “I pertnear flipped the tractor into that ditch there.” Let’s just say that it’s a “Texas-sized 10-4” for “Letterkenny” from me.



Canadian television rules the airwaves. The show “Letterkenny” streams on Hulu.

From Page 7.

the new standards. The intent of the CMMC is to combine various current cybersecurity standards into one unified standard. The CMMC will also measure the maturity of a company’s cybersecurity practices through independent audit firms. Federal prime and subcontractors must comply with CMMC to participate in any future DoD contracts.

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: <http://faif.org/Cybersecurity/index.html>



protection and service

by Jim Whitman, Winter Park Police Department

Scarier Than Witches And Ghosts

October is known as the month of tricks, treats, ghosts and goblins. However, October is also known as National German-American and Italian-American Month, American Cheese Month, Adopt a Shelter Dog Month, and fittingly, Bat Appreciation Month and most appropriately, Halloween Safety Month.

October is also recognized as Domestic Violence Awareness Month. According to the Merriam-Webster Dictionary, domestic violence is defined as violent or abusive behavior directed by one family member against another. According to the Center for Disease Control in a 2017 study, one in four women and one in seven men will experience severe physical violence by an intimate partner in their lifetime. It is important to note that the term “intimate partner” refers to current and former spouses, boyfriends or girlfriends, dating partners, and sexual partners. At this point, you may choose to quit reading as you may say that this doesn’t apply to you. Before you decide to move on, realize that on average, nearly 20 people per minute are physically abused by an intimate partner in the United States. Although you may not be the victim, chances are, you may/ do know someone who is a victim.

According to Florida State Statute, domestic

violence means any assault, aggravated assault, battery, aggravated battery, sexual assault, sexual battery, stalking, aggravated stalking, kidnapping, false imprisonment, or any criminal offense resulting in physical injury or death of one family or household member by another family or household member. “Family or household member” means spouses, former spouses, persons



related by blood or marriage, persons who are presently residing together as if a family or who have resided together in the past as if a family, and persons who are parents of a child in common regardless of whether they have been married. With the exception of persons who have a child in common, the family or household members must be currently residing or have in the past resided together in the same single dwelling unit.

Some apparent signs of possible domestic violence abuse are: the victim tending to isolate themselves from friends and activities that they have previously participated in, frequent absences from work and or school, injuries or bruises that are quickly explained as “accidents.” Often, victims will begin changing their wardrobes to help hide injuries, to include wearing long sleeved shirts which aren’t appropriate for the current climate and wearing sunglasses while indoors. Another clue to watch for is if the victim appears to be “controlled” by their abuser. This can often be seen if the victim has to constantly update their “significant other” where they are and who they are with. When the victim is confronted with any of these observations, they may stay silent or defend the actions of their abuser, often saying that they did something to deserve the abuse.

If you are a victim or know someone who is a victim, please reach out to the Victim Service Center 24 hour helpline (407-497-6701) or to Harbor House of Central Florida (407-886-2244). Remember, your intervention might be just what is needed to help a victim ask for help or by providing this information may give a victim courage to speak out and help end the violence.

schoools

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

Hello Glenridge Families. I hope each of you continue to remain safe and sound. Since our return to school, Orange County Public Schools and Glenridge Middle School have made it a commitment to establish safety procedures as part of our daily safety practices. Please know that I am committed to ensuring our community remains aware of any safety updates we may receive.

Also, I would like to take this opportunity to thank our entire school team for their commitment and dedication in teaching our students through all the changes that took place this year. Teaching, in my book, will always be one of the most admirable professions and I am thankful to work alongside such incredible people. The hard work and long hours they place into teaching our students are truly admirable.

It is my commitment to keep our school community aware of school events. A weekly electronic newsletter is sent out every weekend. The school uses the email addresses on file with your student. If you are not receiving the weekly newsletter and would like to, please email me at christopher.camacho@ocps.net and I can ensure your email address is added to our distribution list. In addition, I encourage following us on Facebook, Instagram, and Twitter for additional events and updates.

Thank you again for your support through this different start to our school year. I look forward to serving our community and to a great year ahead.

 **The Geneva School**
HEADMASTER BOB INGRAM

In *Grimm's Fairy Tales*, a forest serves as an important backdrop in many of the stories. The forest was a place of mystery and danger. Going further back, we see in medieval tales forests as places of enchantment and transformation. Leading a school during the COVID pandemic feels a bit like trudging through an enchanted forest. Wonder, enchantment, and possible danger seem to lurk behind every tree and rock.

I join the faculty and staff at The Geneva School in celebrating the fact that we have encountered nothing but the typical wonder and enchantment in our classrooms this year. We give thanks to God for His blessing through these first weeks of the school year. Of course, we are not "out of the woods yet." We continue to tread cautiously through this unmapped terrain and pray daily for wisdom in how best to proceed.

We continue to follow the principles articulated in the school's plan for reopening—distancing, covering, and cleaning—while also seeking to improve upon each. We continually look to improve as more information and processes become available.

Although outside circumstances have forced the everyday, in-person experience to look a little different, we are regularly amazed at the creativity that allows the students to still experience field trips, science experiments, house celebrations, athletics, and a variety of artistic expression.

We also created a Remote Learning Code of Conduct. This code was sent to all remote learners at the start of the school year to help parents and students support the mission and culture of The

Geneva School during remote learning by elevating the learning experience, supporting academic integrity, respecting others, and protecting the privacy of their homes.

Since the start of the school year, we have seen a number of students change from remote learning to in-person. While we know such a change is not possible for everyone learning remotely, we celebrate with those who are able to do so. Our approach to education is one best experienced in person, and we look forward to the day when that will be true for every Geneva student.

 **Winter Park High School**
PRINCIPAL MATTHEW ARNOLD



Pictured left to right, Lindsay Diener, and Stewart Parker. Congratulations to our 2020-2021 teachers of the year.

Winter Park High School is proud to announce our 2020-2021 **teachers of the year**: Lindsay Diener (Main Campus) and Stewart Parker (9th Grade Center)!

Ms. Diener is a math teacher and our Senior Class sponsor. She worked tirelessly this past spring to think outside the box and put some non-traditional ideas in place to make special memories for the Class of 2020.

Mr. Stewart is an AP Human Geography teacher and testing coordinator at the Ninth-Grade Center. He implements creative hands-on activities to make his course content relevant to our students. He has also gone out of his way this year to help our teachers with technology professional development to get ready for our face-to-face (F2F) and LaunchEd blended classes

Our support personnel of the year are Karen Goodman (Main Campus) and Dawn Raines (Ninth-Grade Center). Ms. Goodman is the keeper of our school budget. She works with so many of our staff to purchase needed resources, she does all the paperwork for conference and professional development travel, and she is quick to remind me when I'm spending too much money. She also does so much behind the scenes to help prepare for special events for our staff. Ms. Raines is the nurse at the Ninth-Grade Center. She is staying very busy. We are so thankful for her diligence to keep our students and staff safe and healthy. Congratulations to all this year's honorees!

 **Winter Park Presbyterian PreSchool**

The first weeks back at school have gone very smoothly as the children and teachers have settled into their familiar routines. This semester we are continuing Wednesday chapel lessons in individual classrooms and making separate visits to the sanctuary. We are having more fun outdoors with after-school enrichment classes in Soccer, Mixed Sports, Science & Discovery, Nature Discovery and Garden pARTy + Clay for Art Lovers classes.

Our talented and dedicated art teacher is holding classes for three-year-olds and VPK students during the regular school day, outdoors as well as in our art studio. Young children are naturally curious and creative! Students learn the fundamentals of art vocabulary, tool use, and art techniques from hand-building with clay for kiln firing to painting on different types of paper and canvas. They also engage with printmaking and other two-dimensional and three-dimensional works.

If you are looking for a preschool with a fabulous art program, we have a few spots left for this school year. Give us a call at 407-629-0727, visit our website winppc.org/preschool, or browse our Facebook page for more information.



Pictured above, outdoor painting fun in Winter Park Presbyterian Preschool art class for three-year-olds.

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