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In The Garden Page 8



For updated news, events and more, visit [www.TheParkPress.com](http://www.TheParkPress.com)

## Recycle Sites For Political Signs



The League of Women Voters Orange County is working with the City of Winter Park to gather yard signs from homeowners, political candidates, and the political parties during the two weeks immediately following the November 3rd election. Three sites have been established within the City of Winter Park. Boxes will be in place before November 3rd.

A mountain of plastic signs will be saved from the landfill and transported to NuCycle Energy in Plant City where they will be transformed from bulky plastic sheets to NuCycle's Enviro Fuelcubes. All of the Fuelcubes currently being manufactured by NuCycle are sold to Cemex, a large regional cement manufacturer and are used to generate electricity, replacing coal as a much cleaner energy source. They want all the election signs they can get, so bring them on!

NuCycle Energy is a company in Plant City, FL that manufactures an energy-dense, renewable fuel product that is an alternative to coal. Their fuel product is manufactured from waste materials that typically end up in landfills.

**BOX LOCATIONS:**

Showalter Field/Ward Park  
288 Perth Lane at Cady Way Trail Winter Park FL 32789

The Community Garden at Mead Botanical Gardens  
1300 South Demming Drive, Winter Park, FL 32789

Winter Park Fire Station  
Howell Branch Road at Temple Trail Winter Park FL 32789

Illustration by Jill Shargaa

## A Grant To Assist Military Veterans In Tri-County Area Impacted By Covid-19

United Way



Heart of Florida United Way

Heart of Florida United Way (HFUW) is one of 19 organizations across the United States to receive an NFL-Bob Woodruff Foundation (BWF) Salute to Service partnership grant in the organization's expedited cycle. It's been designated to the Mission United COVID-19 Recovery Fund to provide emergency financial assistance to ensure at least 20 post-9/11 veterans who've lost income due to COVID-19 sustain housing through the crisis.

"We are appreciative of the Bob Woodruff Foundation for their continued partnership with our Mission United program," said Jeff Hayward, president/CEO of Heart of Florida United Way. "This is one of several programs through Heart of Florida United Way that supports Florida residents who have fallen on hard times. Since March, requests for assistance have quadrupled. This assistance will ensure at least 25 will remain stably housed through the crisis without adding debt from hous-

Continued on page 6



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## Publisher's Message



Rick Cable

I think I can hear a sigh of relief as the 2020 general election finally comes to a close. As residents of an all-important swing state, we have been through the political grind for a couple of years and great focus by both parties has been relentless over the past ten months. Don't get me wrong, I enjoy the campaigning process of a general election, however I'm thrilled that November is finally here. I'm also thankful to our nation's founding fathers that the citizens of this great nation have this amazing election process and the right to cast our vote.

I'm writing this prior to the election, so the result is unknown. During any campaign process we've naturally shown to have opposing sides, but for some reason neighbors, family and friends have appeared to be more divided during this election, unlike any I remember in my lifetime. I've actually overheard discussions that led to personal insults because of party dif-

ferences. During these discussions regarding the highest office in the land the words "stupid, idiot, ignorant" have been tossed around just because someone didn't agree with another when they expressed who they felt had earned their vote. I've also seen where people have torn up candidate signs in other people's yards, and then seen the person who had the signs torn up go out and get a sign for every single candidate running within the respective party. Can you say "touché."

It's been a unique time in our history for sure, and certainly an election that I will remember. Regardless of who's elected president during this period of time in history, I think it's imperative that Congress and the people of this great nation stand united under this man who will serve in the office of president for these next four years. The stakes are high and failure on key issues is not an option. For history has shown that when the people of this great nation are united we are capable of great things.

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

*Rick*  
Rick Cable  
Founder/Owner



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# City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

**It goes without saying...  
2020 has been one crazy year!**

When we look back at this year through the lens of our own memory, I know that there will be so many feelings to process. One feeling that I am filled with, even during these unique times, is thankfulness. I am so proud of how our community continues to persevere in the face of adversity.

As a lifelong Orlandoan whose son, daughter, three brothers, two sisters, and their families all still live in Orlando, this is more than just the place I call home. And even as we navigate a year that has thrown us curve ball after curve ball, there is still much to be grateful for as we look around our community. And it is those things that I am hopeful we can all focus on this Thanksgiving Season. So, to get us started, here is my list of some of the things for which I am thankful:

- Nurses, doctors and health care professionals who are on the front lines of a pandemic, caring for the community, sacrificing time with their own families. Two hospitals that bookend our city along with so many other healthcare organizations who all provide a very high standard of care to our residents.
- Our first responders who have worked hard every

Wednesday for the past six months to offer free, safe, mobile COVID-19 testing to our residents at various sites throughout our city.

- Our law enforcement personnel who have embraced change and modeled professionalism.
- All of the amazingly creative ways groups and organizations have found to bring the community together with socially distanced events like Virginia Drive Live, Dr. Phillips Front Yard Festival, Leu Gardens movie nights, College Park Spark, Audubon Park Community Market and more.
- Our City staff who continue to work hard to forward improvement projects and plan for our city's future. With more connector trails like the one being constructed along Primrose Avenue, park improvements such as the new mountain bike trail at Lake Druid Park, and trail crossing upgrades at Lake Baldwin Lane and Baldwin Park Street, the City continues to complete planned projects. At the same time, our City staff worked hard to craft a balanced budget for fiscal year 2020/2021 without raising the millage rate, which still allows us to maintain core services, prepare for unforeseen future events, and focuses public safety dollars on community oriented policing, de-escalation training and mental health services.
- Our school administrators, principals, teachers, and staff who have found ways to engage our students

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





through changing policies, models and protocols and have worked tirelessly to maintain a sense of normalcy for our youth.

- Technology the helps connect our families and friends in ways we never imagined just last year and those family and friends who have made it a priority to stay in touch.
- Incredible Small Businesses who have found ways to stay vibrant and viable during a pandemic.
- Neighborhood leadership who have been creative, patient, and caring- finding ways to check in with those in their communities who may need a hand or a friend.
- Our Veterans and all of our military personnel today and always, who have earned our lasting gratitude for their bravery, valor and sacrifice.

I appreciate your continued patience and understanding as we have all adjusted almost every aspect of our daily life in the face of this pandemic. We know all the moments have been far from perfect, but we celebrate that our community has still found ways to enjoy meaningful connection during this time. I hope that you and your loved ones can find your own reasons to be thankful this November and throughout the upcoming holiday season.

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# Winter Park Mayor's Message

Mayor Steve Leary



October 1st marked the official start of the city's fiscal year. The fiscal year 2020-21 budget and millage rates were approved in September by the city commission. The +11.5% increase that was voted forward 4-1 as the Tentative Millage Rate (I was the lone dissenting vote), and was sent to property owners in their TRIM notices (Truth in Millage) was not carried forward. In adopting the budget, the commission voted 4-1 to maintain the current operating millage rate of 4.0923, which has been constant for 13 straight years.

Our overall budget is roughly \$170.7 million, which includes: General Fund (city services such as administration, streets, garbage collection, police, fire and parks & recreation); Enterprise Funds (water & electric); Debt Service, Special Revenue Funds (CRA and storm water) and Capital Projects. The following list highlights some of the major initiatives approved in this FY 2020-21 budget:

- Replace the Fire-Rescue Department station alerting system, estimated to save approximately 30 to 60 seconds in emergency response time.
- Expand meter replacement in the city's water and electric utilities to allow

for smart metering technologies and greater system efficiencies and emergency management.

- Raise total funding for undergrounding electric lines in the city to \$5 million annually.
- Propose a solar awning at the City Operations compound to shelter utility equipment and vehicles as well as enhance the city's commitment to sustainability.
- Allocate a total of \$7.5 million in Community Redevelopment Agency (CRA) funds over the next two years to facilitate the relocation of the post office and expansion of Central Park. Also, an additional \$500k was included in the CRA funds to assist businesses with economic recovery efforts.
- Provide funding to make enhancements to Shady Park.
- Enhance the city's parks and facilities with funding for shade structures at Howell Branch Preserve, replacement of the tennis courts at Phelps Park, field and fencing improvements at Ward Park, as well as minor improvements to other community parks.
- Maintain Urban Forestry Division funding to plant over 600 trees.
- Continue to invest in stormwater, utility, road and sidewalk improvements.

The approved budget also accomplishes the following goals:

- Maintain 30% of annual reoccurring expenses in reserves in the General Fund.
- Utilize an organizational support funding formula based upon one quarter of one percent of gross revenues in the General Fund, water & wastewater utilities, and electric utility. This generates approximately \$340k annually for non-profit partners in the city.
- Maintain a minimum of 45 days working capital in the electric and water & wastewater utilities.
- Maintain or expand current levels of service.
- Provide a performance-based pay raise for employees, maintaining a program that keeps pay within the top 35% and benefits within the top 50% of municipalities approved for benchmarking.

This is just a brief overview of this year's budget highlights. If you'd like to see more detail to this year's budget, please visit [cityofwinterpark.org/Departments/Finance](http://cityofwinterpark.org/Departments/Finance).

Thank you for the privilege to serve as your 54th Mayor. I am grateful for your continued trust and support. Your city commission and +500 staff members wish you a safe and Happy Thanksgiving.

From Page 1.

ing and utility payments. These individuals served our country and fought for our freedom. It's the least we can do as a country – and community – to support our veterans.”

Mission United is a collective-impact initiative, and BWF local partner, that provides case management and direct assistance in housing and employment to

ensure that veterans and their families maintain stability while seeking additional services.

Florida has one of the highest veteran populations in the United States, with more than 100,000 in the Orlando tri-county area. With 281,941 jobs in the leisure and hospitality sector alone, the Orlando Metropolitan area is also one of 15 communities cited in the BWF research paper, “Veterans and COVID-19: Projecting the Economic, Social, and Mental Health Needs of American’s Veterans,” as facing significant economic impact due to the pandemic.

“We recognized early on that our veterans and their families were going to be facing a slew of urgent and long-term challenges due to COVID-19. Our original research paper helped us quickly pivot and push support where it is needed most,” said Anne Marie Dougherty, Chief Executive Officer of the Bob Woodruff Foundation. “Now more than



Bob Woodruff and wife Lee McConaughy.

ever, we need to step up for those who have selflessly served. We're so

proud to work with organizations across the country who are changing lives with this funding.”

Criteria to be considered to receive this one-time assistance include being a post-9/11 veteran who experienced job loss as a result of COVID-19. The veteran (and family) must also live in Orlando or Orange, Osceola or Seminole counties.

Applications are now being accepted through <https://hfuw.org/bob-woodruff-grant>. Veterans must provide a DD214 (proof of military), letter from employer about employment status, photo ID and lease/rental agreement. All applications are accepted on a first-come, first-serve basis as limited funds are available. Eligible applicants could qualify for up to \$2,500.

Visit [www.hfuw.org](http://www.hfuw.org) to learn more about the work of Heart of Florida United Way. Dial 2-1-1 to be pre-qualified to receive support through the Mission United program.



## On With The Show! A Winter Park Playhouse Musical Retrospective



Photo courtesy of The Winter Park Playhouse.

The Winter Park Playhouse offers a rare opportunity to enjoy exciting, never-before-seen footage from its musical theatre archives, spanning the past 18 years. *On With The Show! A Winter Park Playhouse Musical Retrospective* is a 90 minute film available for audiences to enjoy over the three-day Thanksgiving weekend,

November 27-30, 2020 with a minimum \$75 donation.

Hosted by Playhouse founders Heather Alexander and Roy Alan, this exceptional film features over 50 professional artists performing show-stopping numbers from 20 mainstage musical productions. Heather and Roy will take you on a journey through the history of The Playhouse, sharing anecdotes and unveiled footage throughout this full length newly produced film.

In lieu of The Winter Park Playhouse annual live fundraiser, the theatre is asking for a \$75 minimum donation per person viewing, for three-day virtual access to *On With the Show! A Winter Park Playhouse Musical Retrospective*.

To donate and receive this event November 27-30, 2020 please visit [www.winterparkplayhouse.org](http://www.winterparkplayhouse.org) or call the box office - 407-645-0145.

**The Winter Park Playhouse is a registered 501(c)(3) non-profit charitable organization and is proudly affiliated with Actors' Equity Association and The National Alliance for Musical Theatre.**



# Managing Diabetes During COVID-19

All of us are trying to stay healthy and safe as COVID-19 continues to be a factor in our daily lives. You may have heard that people with certain conditions are more likely to become seriously ill if infected with the highly contagious virus. This includes members of our community with diabetes.

“Diabetes increases the risk for pneumonia and viral illness in general,” says Dr. Richard Pratley, a nationally recognized diabetes expert and Medical Director at the AdventHealth Diabetes Institute. The disease is associated with a higher risk of illness and even death from COVID-19 because it negatively impacts the immune system’s ability to fight any illness.

“Those with diabetes can have decreased innate and adaptive immunity, decreased cell-mediated immunity, ineffective viral clearance and impaired T-cell function due to hyperglycemia,” says Pratley.

### Talk to Your Doctor

Having any illness, including COVID-19, can affect your blood sugar level. As a result, your physician may advise that you check your blood sugar more often. Keeping your blood sugar level under control is one of the best ways to stay healthy even when you aren’t at risk for a serious illness. Your doctor can also advise you of other ways to help protect yourself. This includes sticking to your diabetes care plan.

Dr. Pratley also advises joining a virtual diabetes education class, like those being offered

### Your diabetes care plan should include:

- Keeping your blood sugar level under control
- Checking your feet every day
- Eating healthy foods and eating out less
- Having an effective balance of food and exercise
- Taking your medicine as prescribed
- Managing stress
- Getting your annual flu shot

through the AdventHealth Diabetes Institute, and considering a virtual doctor’s visit if you need to see your provider but don’t feel comfortable going to their office.

“There are telemedicine opportunities for individuals with both Type 1 and Type 2 diabetes,” he said, adding that AdventHealth offers support for patients with Type 1 diabetes who have lost their jobs and are at greater risk for complications. Through interactive education including group classes and individual counseling, you can learn more about the disease and gain confidence in your ability to manage your blood sugar on a daily basis. And of course, don’t hesitate to contact your care team if you have questions about your diabetes.

### Reduce Your Risk

Obviously, your best defense against getting sick is avoiding the virus altogether. If you have diabetes or another condition that raises your risk for a serious illness, follow recommended safety pro-



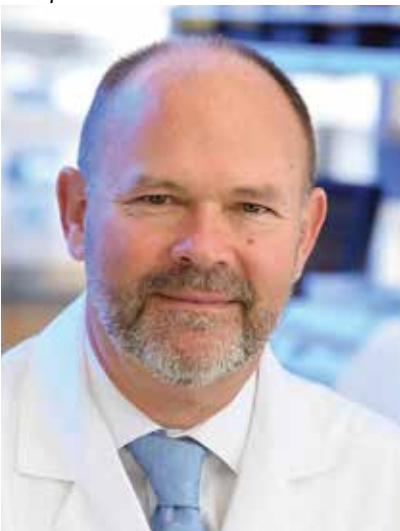
ocols and keep a good supply of medicines and supplies on hand. And if you start to feel ill, reach out to your physician without delay, especially if you experience fever, dry cough or shortness of breath, which are symptoms of COVID-19.

**Learn about diabetes education courses offered at AdventHealth by visiting [AdventHealthDiabetesInstitute.com](https://AdventHealthDiabetesInstitute.com).**

### About Dr. Pratley

Richard Pratley, MD, serves as Medical Director at the AdventHealth Diabetes Institute and Senior Investigator at the AdventHealth Translational Research Institute. He and the specialists at AdventHealth

Medical Group Diabetes & Endocrinology at Orlando provide compassionate care with a focus on healthy lifestyles and the prevention of complications related to diabetes.





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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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# Operation Christmas Child Aims To Reach Millions Of Children With Hope This Year

As the COVID-19 pandemic continues to cause fear and uncertainty, Samaritan's Purse is calling on churches and families to pack more shoebox gifts than ever before for Operation Christmas Child—making sure millions of children experience the Good News and great joy of the holiday. Samaritan's Purse is committed to its mission of reaching millions of children across the globe with hope.

"Much of the world has been gripped with fear, and this is especially hard for children," said Franklin Graham, president of Samaritan's Purse. "Now more than ever, these boys and girls need to know God loves them. Operation Christmas Child delivers the hope found only in Jesus Christ."

The Samaritan's Purse project has been collecting and delivering shoebox gifts—filled with school supplies, hygiene items and fun toys—to children worldwide for more than two decades. This is a mission project that everyone can still be a part of, even with COVID-19 restrictions. Simply pack shoeboxes with school supplies, hygiene items, and fun toys. Then, bring them to one of more than 4,000 Drop-Off Locations during National Collection Week Nov. 16-23. Drop-Off Locations will be listed starting in early November at [samaritanaspurse.org](http://samaritanaspurse.org) and can be searched by city or ZIP code.



Even if churches and groups are not yet meeting, families are encouraged to pack shoebox gifts at home. Through Operation Christmas Child's network of thousands of churches around the world, God uses these simple gifts to make an eternal impact.

The organization also offers an option to virtually pack a shoebox gift. Through this online tool, churches and groups can also set up a goal page to rally together to reach a larger goal. It's easy—simply set a goal, invite your friends, and start packing! Whether your goal is 50 shoeboxes or 5,000, anyone can Create a Goal Page and work together with church members, friends, and family to share the hope of the Gospel with children around the world.

Operation Christmas Child, a project of Samaritan's Purse, seeks to demonstrate God's love in a tangible way to children in need around the world and, together with the local church worldwide, to share the Good News of Jesus Christ. Since 1993, Operation Christmas Child has collected and delivered more than 178 million gift-filled shoeboxes to children in more than 160 countries and territories.

**For more information please visit [samaritanaspurse.org](http://samaritanaspurse.org).**

# Heart Of Florida United Way Announces 2020-21 Board Officers And New Board Members

Heart of Florida United Way (HFUW) elected the 2020-21 Board of Directors officers and three new board members, with a total of 37 community representatives.



Sean DeMartino, president of Central & NorthFlorida Division for Coastal Construction, having previously served as vice chairman, is the newly-elected chairman of the board; the newly- elected vice chair is Tracey Powell, vice president of pricing & revenue management for Disney Parks, Experiences, and Products. Rounding out the slate of officers as treasurer is Michael Mueller, CFO for Orlando Health - Health Central Hospital; and as secretary, Eddie Francis, Esq., shareholder with Lowndes, Drosdick, Doster, Kantor & Reed, P.A.

Newly elected to HFUW's board of directors, serving a three-year term are: Peter Meyer, TD Bank Central Florida Market president; Hope Newsome, Esq., Virtus LLP managing partner; and Joanne Santiago, Peachtree property manager.

For more information about the organization, visit [www.hfuw.org](http://www.hfuw.org) or call 407-835-0900.

# OUC And City Of Orlando Launch First-Of-Its-Kind Electrified Dealer Program

As part of National Drive Electric Week, OUC - The Reliable One, in partnership with the City of Orlando and Electrification Coalition, is launching an Electrified Dealers Program that's focused on expanding consumer adoption of electric vehicles (EV) in Central Florida. Through direct engagement with dealers - and by offering rebates - OUC seeks to improve the purchasing experience and reduce barriers to EV ownership.

As a critical part of its strategic plan, OUC is committed to achieving net-zero carbon emissions by 2050, with interim targets of 50% carbon emissions reduction by 2030 and 75% by 2040 from 2005 levels. EVs play a critical role

in meeting those milestones, and as this market continues to expand in the region, OUC is working to ensure dealers will be ready to meet demand.

Car dealerships' sales staffs will receive incentives for selling EVs, a notable first for dealerships in the region. Customers will continue to have access to OUC purchasing rebates, as well as EV educational content.

"Electric vehicles (EV) are gaining traction and becoming more common on our roads but for some buyers there can be myths or misconceptions to overcome, and who better to help educate customers than car dealers," said Linda Ferrone, the chief customer and marketing officer for OUC. "We believe these vehicles will be a major part of Central Florida's transportation future, and we're proud to partner with the City of Orlando and the Electrification Coalition to launch a program that supports the adoption of a greener region."

The Electrified Dealer Program builds upon previous EV initiatives and programming by OUC, including the Consumer EV Rebate Program and Charge-It Commercial EV Charging Service. Through those efforts, EV adoption and available public charging infrastructure grew markedly, making Orlando one of

the "Top 10 Most EV-ready Cities" in the nation. Additionally, Orange County was recognized as a "Top Tier" performer in the League of Women Voters of Florida Summer 2020 EV Report Card, thanks in part to OUC's leadership in electrification. OUC anticipates having nearly 300 EV chargers in its service territory by the first quarter of 2021, including a new 22-port EV charging hub slated for installation on Robinson Street near I-4 in downtown Orlando.

OUC's Electrified Dealer Program began October 1, 2020, with a goal to bring 500 new EVs to area roads by next fall. Participating dealerships will be required to meet a variety of conditions to ensure the best-possible EV customer experience, including availability of on-site charging, participation in EV customer engagement training by OUC EV Specialists, and involvement in active media promotion of EV options to customers.



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by Ron Frechette, The Cyber Coach

## DoD's CMMC Program Update – The Interim Rule

The twists continue to turn for Federal DoD Prime and Sub-Contractors related to the latest update on the adoption of the Cybersecurity Maturity Model Certification (CMMC) program. On September 29, 2020, the Defense Acquisitions Regulation System, DoD issued an Interim Rule that appears to be serving as a bridge that crosses over into the full implementation of CMMC, which is expected to be in full effect by October 2025. Jason Miller of the Federal News Network, posted an article recently that paints a fairly accurate picture of the DoD's current state of affairs related to CMMC.

Rather than focus on all the “behind the scenes” fuss, we are going to get right to the meat of the matter and provide our readers who work with the federal government agencies with the updated information you need to make good business decisions and the action steps you need to take in order to remain competitive and be in compliance with the Interim Rule and CMMC.

### What is The Interim Rule?

The Interim Rule, Assessing Contractor Implementation of Cybersecurity Requirements (DFARS Case 2019-D041), states that federal contractors must now “self-certify” to verify they are compliant with NIST SP 800-171 cybersecurity requirements. This has always been the case, so no big change here. The difference in the Interim Rule, however, is that effective November 30, 2020,

three new regulations will further define contractor obligations to protect Department of Defense (DoD) Controlled Unclassified Information (CUI).

In addition to the DFARS 252.204-7021 clause, which formally begins DoD's adoption of the Cybersecurity Maturity Model Certification (CMMC), DFARS 252.204-7019 and DFARS 252.204-7020 require that all contractors have and maintain a current assessment score using the DCMA Assessment Methodology in the DoD Supplier Performance Risk System (SPRS), and prior to awarding any contracts/subcontracts involving CUI, all contractors must confirm that a current assessment score is in SPRS. These obligations flow to all organizations in the Defense Industrial Base who manage CUI with their subcontractors.

### NIST SP 800-171 Assessment Methodology

The NIST Assessment Methodology is designed to enable the federal government to assess its prime contractors and for the prime contractors to assess their subcontractors. This can be performed internally or by a qualified 3rd party cybersecurity advisor. To qualify for new contract awards after the November 30th implementation date of the Interim Rule, contractors and subcontractors are required to have an assessment on record within the last three years. (Interim Rule, 85 FR at 61506.)

The methodology provides for three types of assessments; Basic, Medium and High. All federal prime and subcontractors will be required to execute a self-assessment of compliance at the Basic

Assessment level which consists of being compliant with 110 security controls.

### The Bridge Between the Interim Rule and CMMC

The Interim Rule allows federal contracts to phase in requirements for CMMC certification between November 30, 2020, and October 1, 2025 in place of the NIST Assessment. All federal prime and subcontractors will be required to have CMMC certification by October 1, 2025. That said, we anticipate seeing the DoD CMMC [acq.osd.mil] requirements in RFI & RFP Contracts in late-2020, early-2021. Addressing outstanding actions now is the best strategy for staying ahead of the curve and minimizing potential supply chain disruptions.

The Interim Rule also introduces DFARS subpart 204.75, which specifies the policy and procedures for awarding a contract requiring CMMC certification during the CMMC phase-in period. The CMMC certification process for contractors and assessors as CMMC Third-Party Assessment Organizations (C3PAO) are managed by the CMMC Accreditation Body (CMMC AB). There are five levels of CMMC certification, with level 3 aligning closely to the NIST SP 800-171 framework (full discussion here). The Interim Rule clarifies that for applicable contracts, CMMC certification must be provided at the time of the award. (Interim Rule 85 FR at 61406-7)

### Immediate Interim Rule Action Steps

To avoid interruptions to future business with

Continued on page 10

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



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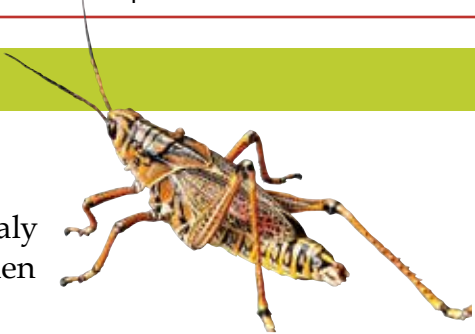


Stephen & Kristin Pategas

in the garden by Stephen and Kristin Pategas

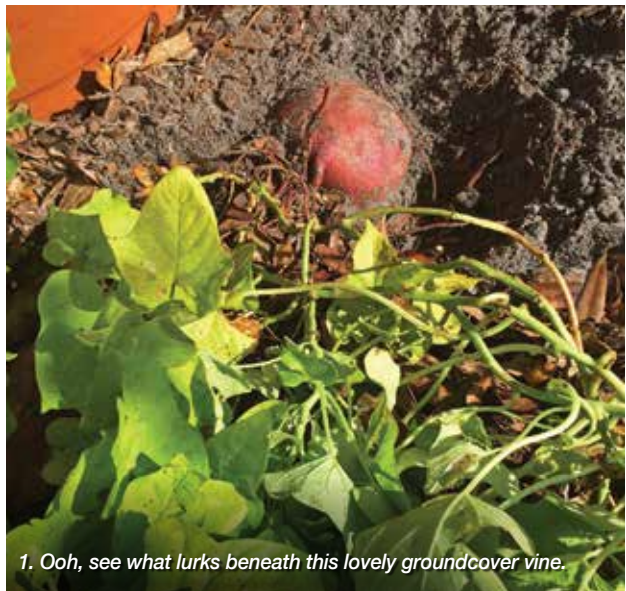
What's THAT In The Garden 2.0

During a stroll in a garden you spot something unusual – what is it? Is it an anomaly or from another planet? Scan the images to see what we have discovered in our garden and others. To learn more, visit IFAS Extension at <https://sfyl.ifas.ufl.edu/>.



**1. Ooh, see what lurks beneath this lovely groundcover vine.** The ornamental sweet potato vines such as the *Ipomea batatas* ‘Marguerite’ pictured here, grows vigorously, and develops large root tubers. Unfortunately, the tubers contain lots of starch with little sugar and are not tasty like sweet potatoes.

**2. Scorched mondo grass.** When the trees were trimmed, these lush shade to part sun loving clumps of mondo grass (*Ophiopogon japonicus*) were damaged by the intense sun. Removing the damaged foliage would make them more presentable as they grow new leaves.



1. Ooh, see what lurks beneath this lovely groundcover vine.

**3. A dead Japanese yew/podocarpus** is typical of death from mushroom root rot disease.

**4. Ouch!** These crape myrtle branches grew too close together and frequent movement damaged both. Trim away the one that contributes the least to the overall structure of the tree. Do not apply tree wound healing products.

**5. Mushroom root rot fungus fruiting bodies.** Mushroom root rot fungus (*Armillaria*) lurks in the soil and when a plant is weakened it may show dieback and/or succumb. Plants replanted in the same location may suffer as well. Poorly-drained soils may increase the opportunity for the fungus to claim a victim. The fruiting bodies of



2. Scorched mondo grass.



3. A dead Japanese yew/podocarpus is typical of death from mushroom root rot disease.



4. Crape Myrtle branches.



5. Mushroom root rot fungus fruiting bodies.

the fungus may appear on the ground in autumn. There are few plants that are resistant, so keeping a plant well fed and watered is the best defense. One potential solution is to remove and replace a substantial amount of soil from the area in which the diseased plant grew.

**6. Too rare a sighting these days.** The southeastern native green anole (*Anolis carolinensis*) used to be the king of the anoles in Florida. Then the brown anoles arrived by way of the Bahamas. Being more aggressive, they negatively impacted the green anole’s population. However, the green anole evolved, becoming a tree loving arboreal species out of the reach of the ground-level predators. A landscape with tall shrubs and small trees is a good way to protect our native anole.

**7. In spring,** strolls through the garden are critical if you have **eastern lubber grasshoppers** about. They hatch, emerge from the soil, and find plants to their liking. Crinum lilies and amaryllis are faves and the resulting damage is staggering.



7. Chowing down on a crinum lily. See the adult at the top of the page.

6. Southeastern native green anole (*Anolis carolinensis*).

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/](http://www.houzz.com/pro/hortus oasis/)\_\_public. All photography by Stephen G. Pategas/Hortus Oasis unless otherwise noted.

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Ayesha G. Shenk

# live meaningfully

by Ayesha G. Shenk, M.A.

## I Think I'm Tired...

The last couple of months (or, who are we kidding, couple of years/decades?) I've spent most of my time in this little corner of the world trying to change it for the better. Trying to reframe, recontextualize, bring empathy, combat fatigue, lift depression, quell anxiety, honor loss, and normalize loneliness with some perspective on what gratitude brings, how coming from a place of abundance (as opposed to deprivation) can change our lives, etc.

All of this, I 100% believe in and will continue to do on a daily basis. It's who I am, it's what I claim as my truth and it's what I do for a living.

But there's also more depth and weight and dark to what I do as well. I can spend my time in this article 'thinking' about feelings or 'talking' about experiences... but this isn't the forum to really do the 'feeling of feelings.'

I was talking to a client today about how she's now a young woman and her claiming her truth is not only her right but her responsibility. It's not so much about changing anything or expecting anyone to change for us, as much as it is about feeling the feelings and honoring them enough to put them out in the world and stand up for ourselves and our truth. It's not going to 'break you,' I said - because you're no longer a little girl. As children, we swallow so much of the pain we have because the threat of sharing it with someone and that someone not 'making it better' is too much to bear. As adults, we actually have the ability to 'make it better' and take care of it, ourselves... instead of needing someone else to do it.

"It sucks."


"I know."

It doesn't make it less scary to be that vulnerable. It doesn't make it hurt less to feel that disappointment. It doesn't break your fall or light the darkness. But it does make it not only bearable, but empowering. It does rewrite a narrative in our own heads that we are worthy of more. We deserve to bet on ourselves. We deserve to believe in our own wholeness and sanctity enough to claim it and find the love and belonging for which we so yearn. It's really hard though. And sometimes it's exhausting feeling all the feelings and being all the emotionally adult ways. Sometimes, even I, feel tired.

Sometimes when it's been a bizarre time in the world and you've soaked up all the pain, misfortune and misguidedness you can take. And loss and fear and threat have come knocking at your door. Sometimes... it's ok to feel tired.

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




# HOLIDAYS at the MORSE

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pop culture detours

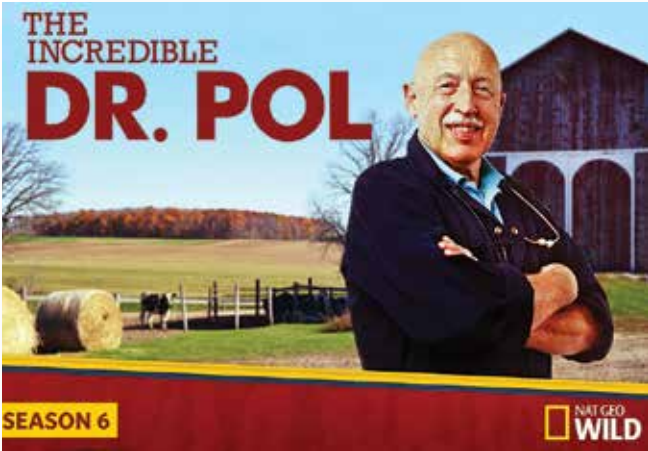
by George McGowan

# An Omnibus Of Pop Culture Scraps, Morsels, And Tidbits But No Doodads

This month, I made a list of pop culture items that bring me joy, and hereby offer them to you. The first is an online word game offered daily on the *New York Times* website, “Spelling Bee.” The NY Times offers a suite of on-line puzzles and “brain games” and I have become addicted to this one. Spelling Bee is quite simple - players try to make words from a set of seven unique letters while using the center letter at least once in each word. Of course, with everything the least bit competitive, I read that some players arise at 3 o’clock every morning to be the first to solve the puzzle and reach the title of “Queen Bee.” I am satisfied with merely being named a “Genius” every now and then!

On the television, sometimes you find something interesting by just flipping channels. Flip over to Nat Geo Wild sometime and watch “The Incredible Dr. Pol.” Dr. Jan Pol is a veterinarian in rural Michigan and on the program he and his staff treat everything from tetanus in a pot-bellied pig to an emu who was attacked

by his pen mate during mating season. Dr. Pol is a delightful Dutch gentleman and treats his patients with care and a knowing nonchalance.



Above, Dr. Pol is a veterinarian in rural Michigan. His show is on the National Geographic channel.



Wayne Thiebaud turns 100 years old on Nov. 15.

Sometimes the cases are not for the easily queasy, but the show is never uninteresting.

On November 15th (God willing) one of my favorite artists, Wayne Thiebaud, turns 100 years of age. Thiebaud first caught my eye during a visit to the Milwaukee Art Museum where they were featuring his works. I love his depictions of everyday objects and his use of lots and lots of paint and color. He likes to paint slices of pie and when he does, the pies look edible with their gooey centers and copious amounts of whipped toppings. The Crocker Art Museum in Sacramento is recognizing his birthday with a retrospective of his works and you can take a virtual tour of the exhibit at crockerart.org.

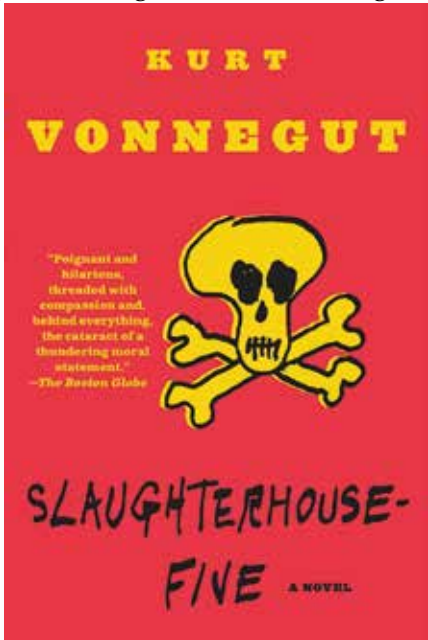
“Slaughterhouse-Five or the Children’s Crusade” by Kurt Vonnegut is one of my favorite novelists. You can now read this masterpiece in graphic novel form. Canadian comic book writer

Ryan North has adapted the novel and it is illustrated by Spanish artist Albert Monteys. Mr. Ryan does a great job of synthesizing a novel of time-travel, war atrocities, and simple humanity into something almost as interesting

as the original. Mr. Monteys is a fine illustrator and captures the scenes from the vast imagination of Vonnegut very well. I downloaded this book to my Kindle, but it is so well done, I may also buy a print version for safekeeping.

Finally, a couple of other items to check out. In music, listen to Shemekia

Copeland’s latest album, “Uncivil War,” especially the song “Clotilda’s On Fire,” about the last known slave ship to arrive in the United States. On TV (via Netflix), check out “Derry Girls” which hilariously depicts young ladies attending a parochial school in Northern Ireland. Online, read “Today I Learned” on Reddit.



Kurt Vonnegut’s masterpiece “Slaughterhouse-Five” is now in graphic novel form.

From Page 7

federal agencies, contractors need to take the following action immediately:

- Ensure you have a current DoD Assessment score in SPRS on or before November 30, 2020.
- Consider requesting DCMA perform a DIBCAC Medium or High confidence

assessment. The external assessment will not only document your score in SPRS, but it will also help your organization prepare for CMMC (third-party) assessment.

- At a minimum, determine your score through the basic assessment (self-assessment), and submit it to DoD SPRS following the regulatory guidelines.

### In Closing

CMMC is here to stay. Contractors who are ready to be certified will have a competitive advantage for the growing number of CMMC-requiring contracts over the next five years. Until next month, wishing you a safe journey in cyber space!

Questions? Email me at [ron.frechette@goldskysecurity.com](mailto:ron.frechette@goldskysecurity.com) or send me a tweet @GoldskyRon.  
Sources: <https://goldskysecurity.com/latest-update-on-dods-cmmc-program-the-interim-rule/>



protection and service

by Jim Whitman, Winter Park Police Department

## 2020: Time To Be Thankful?

You may think that the term thankful and the year 2020 have nothing to do with each other. After all, most people would describe this year as a “total dumpster fire” or “disaster” and wish for a reset button to try again. But looking back on the past ten months, we here at the Winter Park Police Department have a lot to be thankful for.

We are thankful for everyone who heeds our advice and removes valuables from their vehicles and locks the doors thus preventing would be criminals from burglarizing their vehicles. We appreciate everyone that ensures that their garage door is closed when they are not working inside and preventing crooks from helping themselves to the contents or worse, gaining access to the interior of their home. We salute those of you who are mindful of those around you while you shop and carry out transactions at cash registers and ATMs.

We revere those of you who heeded the old adage “if it looks or sounds too good to be true... it probably is” and have thought twice before re-

sponding to an email with a business proposition by sending money or providing your personal information. On the topic of emails, we adore those of you who always question the validity of unexpected emails and go the extra step to question any attachments in those emails by not just immediately opening them. We are grateful to those of you who, when receiving an unexpected phone call about a loved one who “is in jail” or “in the hospital” take a moment to scrutinize the information being told to them and attempt to contact their loved one prior to doing something rash.

We are thankful to those of you who realize that speed limit signs aren’t just suggestions and those of you that, when you find yourself behind a slower moving vehicle, realize that blowing your horn and tailgating won’t do anything but possibly create rage. We appreciate everyone who realizes that even though you may have a different viewpoint on topics (financial, religious or political), that difference does not define you or them as a person

and friendships can still exist.

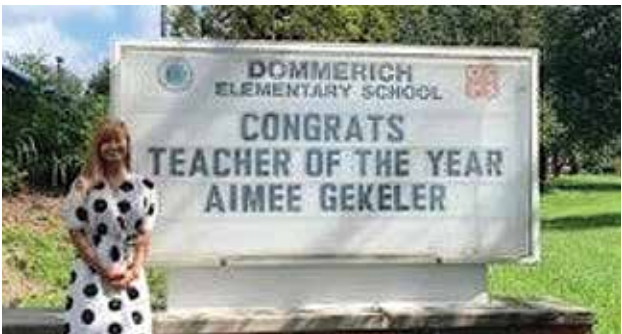
As we anxiously await the end of 2020 and hopefully the return of some sense of “the old normal,” we want to remind everyone that we are lucky to live and work in a beautiful community. Sure, the stresses brought on during the past few months may have brought you close to your tipping point but it is important to remember that everyone has been met with adversity in some form. It is not just the landscape and topography of this area that makes it an ideal place to live, it is the people. Your neighbors, friends, and fellow residents make this area special. So as we move forward toward the end of the year, take care of yourselves and watch out for you neighbors and friends. As always, if you see something that gives you pause or you think is suspicious, say something! By the way, if you have a garden hose or fire extinguisher handy, feel free to meet me over here by this dumpster fire.





schools

**Dommerich Elementary**  
PRINCIPAL KAREN VERANO



Pictured above, Aimee Gekeler, Dommerich Elementary School Teacher of the Year.

Aimee Gekeler is starting her third year at Dommerich Elementary and her 11th year of teaching. She received her undergraduate degree in Elementary Education from University of Maine Orono and soon after went back to school to earn her master’s degree in Literacy Education. She and her husband are thrilled that the Dommerich community has welcomed them with open arms. She says that it is an honor to be representing DES as Teacher of the Year. She would like to thank her wonderful colleagues for believing in her and for allowing her to learn from them every day.



Pictured above, Evan Meewes, Dommerich Elementary School Support Person of the Year.

This will be Evan Meewes’ sixth year working at Dommerich as the P.E. Para. He says that every year so far has been incredible! He attended Lake Sybelia for K-2 and Dommerich for grades 3-5 (Go Chiefs!). He also attended Maitland Middle School, Winter Park High School, and University of North Florida for a year before taking a job with Boosterthon in Jacksonville.

He could not be happier to be part of the Dommerich family. He says that we have the best staff, teachers, administrators, community, and PTA! He looks forward to representing everyone as the Dommerich SPOY!

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

Hello Glenridge Families,

I hope each of you are having a restful weekend and that you continue to remain safe and sound. With us now into our second grading period of school, I would like to share a couple of thoughts with each of you. Our current situation has led to many of our students experiencing academic challenges as well as our families experiencing different ones. This “new normal” has led to each of us being a “new us.” With these changes, it will require us to approach student learning differently as well. I know I may be asking a lot, but I recommend reviewing your student’s assignments on a daily basis with them. We are finding that students may not be submitting their work and studying for their assessments. If there are ever any questions about your student’s assignments or grades, I recommend making contact with their teacher(s) or guidance counselor. Our students’ academic success is important to me and the more we can work together in this process, the better the likely outcome will be for each.

With the return of approximately 140 of our students, I would also like to take this opportunity to share some safety thoughts with you. I ask that if your student is not feeling well to please keep them at home until they feel better. Signs to look for are a fever, headaches, nausea, stomach aches, loss of taste/smell, sore throat, chills, and muscle pains. Please know the safety of every person in our school is important and I really appreciate your assistance with this responsibility.

Thank you again for everything you are doing every day to ensure our students are prepared for learning. These challenging times have led each of you to be “new yous” and I want to thank you for support. I would like to close with a thank you to our teachers and staff. Amidst all this, they continue to be here every day. They commit themselves to the growth and learning of each of our students. This makes me proud to be an educator. Always proud to be a Glenridge Lion!

**The Geneva School**  
HEAD OF SCHOOL BRAD RYDEN

A few weeks ago, I had the pleasure of attending our school’s tradition known as the *Senior Speech* for the first time. The event features three-minute speeches given by members of the senior class. In the directions given to the students, they were challenged to create “a ceremonial speech that should interpret the significance of the evening, of your senior year, or of your time at Geneva as a whole.” They were to “be reflective of your time at Geneva” and to “reveal some of yourself to us.”

Speaking in public is a difficult task for many; an estimated 75% of the world’s population suffers from the fear of public speaking. Those in attendance at the *Senior Speech* would not have recognized the prevalence of the fear. Our seniors gave their speeches as if they are well-seasoned professionals. In some respects, they are.

Rhetoric training is essential to Christian classical schools like Geneva. Before entering high school, students have many opportunities to give presentations and recitations. Once in high school, the training becomes formalized with rhetoric instruction each year. The training builds toward the senior year when students give speeches throughout, including the *Senior Speech* and the *Senior Thesis*.

As our seniors know well, rhetoric is the art of persuasion and is one of the three arts of discourse. The others are grammar and dialectic. Collectively, they are referred to as the trivium and each serves as the organizing principle for our school’s programming-our elementary school is called Grammar School, middle school is called Dialectic School, and high school is called Rhetoric School. The trivium has its roots in ancient Greece and was developed and refined through the Middle Ages.

One rhetorician of the ancient world, Quintilian, famously wrote that the perfect orator is a good person who speaks well. He proposed training in both: becoming a good person and speaking well. Geneva seeks the same. *Senior Speech* showcased good people speaking well and when good people speak well, their messages take on even greater significance.

As I listened that evening, I know I joined many parents in feeling a deep appreciation for being a part of a school where our students have a love for their community of classmates, one that feels like an extended family, as well as a thankfulness for caring teachers who challenge them each day to be better followers of Christ, students, and sons or daughters.

**Winter Park Presbyterian PreSchool**

This is the time of the year that we talk about gratitude in the classroom. Lessons about thankfulness help develop skills in listening, problem solving, self-expression, vocabulary, sharing, taking turns, large and small muscle groups, and memory.

Here are a few quotes from our students who were asked to name something or someone for which they are thankful. We hope you find them as thoughtful and heartwarming as we do!

- “I’m thankful for...
- “... food and water.” – Ayla, age 4
- “... God and Jesus.” – Carolina, age 4
- “... my mommy and our school.” – Cole, age 5
- “... my mom for giving me love.” – Zachary, age 4
- “... all of these kids helping me.” – Shawn, age 4
- “... my sister, my mommy and daddy. I’m thankful for Captain America.” – River, age 4
- “... Daddy. He goes to work and wears a real shirt.” – Natalie, age 2
- “... Mommy. We have toys and cars at my house.” – Reid, age 2
- “I’m happy that I have my grandma.” – Jayden, age 4

Wishing you a harvest of blessings, good health and good times. Happy Thanksgiving!



Pictured above is Winter Park Presbyterian student Casey making pies. Below, some of the students’ pie baking efforts.







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