The Park Press

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Restore The Roar 2021 – Yacht Rock Style

Voted Best Community Event For 2020 In Winter Park!

The Winter Park High School Foundation's sixth annual 2021 Restore the Roar "adults only" event will take place Saturday, February 27, 2021 at Showalter Field from 6:00 – 10:00 p.m. The Foundation would like to thank the City of Winter Park, Orange County Public Schools, and the Winter Park community for their continued support in restoring Showalter into one of the best high school sports complexes in the state of Florida. And to celebrate the sixth year, our Cats are going Yacht Rock Style!

There will be themed food by Sonny's BBQ, decorations by Florida Event Decor, and music and photo booth by DJ, Brad Master J. Please consider being a personal, family or business sponsor and/or donating a silent auction item to the event. Tickets, sponsorship packets, parking, and drink bands are available on Handbid: https://handbid.app.link/rtr2021.

A portion of the proceeds can be directed to any WPHS club, organization, or sports program. A percentage of table sales, sponsorships, and silent auction items will be directed back to either the group you designate or the group that secured the donation. This benefits the entire school population with the goal to build community and support all WPHS students.

ALL ABOARD FOR RESTORE THE ROAR 2021 YACHT ROCK PARTY



February 27, 2021 @ Showalter Field Hosted by the WPHS Foundation Follow us on FB @winterparkhighschoolfoundation **Voted BEST Community Event for 2020**

The Foundation is raising funds for initiatives which impact and benefit the entire school:

- Band Instruments and Equipment (the students cannot share due to COVID-19)
- Educational Digital Programs and Tutoring Support
- Willie's Mart (WPHS's food pantry for students)
- Student Groups and Programs
- On-Campus Athletic Facility Upgrades

Winter Park High School is large, with almost 3,400 students, so every dollar raised is important. The Foundation raised \$268,000 last year, while keeping administrative expenses at 1%. These donations have enabled the WPHS Foundation to undertake projects, both large and small, that raise the bar for WPHS students.

Continued on page 7

Department Of Health In **Orange County Receives** First Shipment Of The **COVID-19 Vaccine**

The Florida Department of Health in Orange County (DOH-Orange) received its first shipment of 16,000 doses of the Moderna COVID-19 vaccine on December 22, 2020.

Recently granted Emergency Use Authorization (EUA) by the U.S. Food and Drug Administration, DOH-Orange will begin administering the vaccine to local Orange County EMTs/Paramedics who are included in the state's priority 1A distribution list.

"We have been planning for this day for many months," said Dr. Raul Pino, Health

Continued on page 6

"I have my confidence back!" 407.960.1000

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Publisher's Message



Rick Cable

As Americans, many of our traditions are created in our own unique way from those that were previously celebrated in history. When it comes to New Year's being a time to party, the credit goes to Julius Caesar. During his reign, the Romans switched to the Gregorian calendar and

the day became known as the Festival of Janus,

the god of all beginnings and gatekeeper of heaven and earth. This was also the time they changed their government officials, so it was a time to feast and celebrate the new officials. Later, when Constantine accepted Christianity as their new faith, they kept the Festival of Janus as the New Year's Day and turned it into a day of prayer and fasting. It was a day for all to turn over a new leaf, but many did not. Instead, they chose to continue to feast and celebrate.

Oh, and of course the Scots and Canadians come into play with the traditional playing of the song "Auld Lang Syne." It was written by a Scot named Robert Burns in 1788, and made popular by radio and TV show host Guy Lombardo and his band, The Royal Canadians. Now while I only know the first two lines, I have to come right out and say that this song just doesn't make any sense to me. Literally, it translates to mean "old long since." We don't use these three words together, and my acquaintances are surely never forgotten.

This past year has been a really challenging year due to COVID-19. Since we are still social distancing, and a vaccine to counter it is beginning

to roll out, here's to ringing in a new year in traditional American style with enough food, fireworks, and football to make Caesar proud. We will never forget 2020, and I've never been so ready to enter a new year as I am for 2021. Resolutions aside, it will be a healthy and prosperous new year compared to the one we just sent to the history books.

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

Rick Cable Founder/Owner



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The Park Press | JANUARY 2021 NEWS 3

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



Dobort F. Stuar

Most years, I feel a little let down this month, a hangover of sorts following all of the goings on of the holiday season... but not this year! We are all glad to see 2021 on the calendar. But we also need to thank 2020 for showing us how strong we could be and how, in a crisis, our city didn't become divided.

Instead we worked hard to help each other, our essential workers, our hospitals, and our businesses.

Another thing we can all help this month is our environment. As the holidays wind down, please know that you can put your live Christmas tree, free of decorations, on the curb with your yard waste. You can also repurpose your used cooking oil. Place it in a shatterproof container (the one it came in is a good option) and bring it to a City of Orlando drop off location where it can be turned into bio-diesel. Find drop off locations at **orlando.gov/grease**.

You can also recycle many other holiday items: standard greeting cards and envelopes that aren't shiny or have glitter on them, and cardboard and gift boxes (consider breaking them down and not leaving them visibly on the curb as this can send a message to would-be-thieves of what fun items are now in your home for them to take). Check out orlando.gov/recycle for a full list of items and where our drop-off locations are located for oversized items.

While we are hopeful for brighter days ahead, this year is bringing a big change to my office, as our District 3 Police Liaison Officer, Corporal Kevlon Kirkpatrick, retires from the Orlando Police Department, effective this month. Cpl. Kirkpatrick has

served the residents of District 3 since I took office in 2006. Before serving in his current role, Cpl. Kirkpatrick was the school resource officer for Edgewater High School. If you look up the definition of public servant in the dictionary, Cpl. Kirkpatrick's picture would be listed. While we are excited for him to embark on new adventures, he will be dearly missed. We appreciate his recommendation of Ofc. Steven Smith to take over his position and look forward to introducing Ofc. Smith around the district during the next few months.



Commissioner Stuart with District 3 Police Liason Officer, Corporal Kevlon Kirkpatrick. Photo from orlando.gov.

As a reminder, for our City residents, our liaison officers are available to perform a security assessment of your property, help set up a Neighborhood or Business Watch Group in your area, attend local meetings, and more. They serve as your community connection to our police department. Visit orlando. gov/police for more information.

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

While Neighborhood Watch is a great way to get involved, there are many other ways to volunteer and get more connected with your community and your city (in case that is your New Year's resolution). As we all watched our state and our nation go through a difficult election cycle, the bright spot was the record voter turnout. I may be biased, but I really do believe that there is much truth to the saying that, "all politics are local." My hope in 2021 is that we can utilize that enthusiasm and passion to make a difference here at home. One idea is to serve on a City volunteer board. These boards advise the City Council on many important decisions. There are also opportunities to work with our youth through mentoring, coaching, even as a book club facilitator. Our Orlando Police Department is also supported by volunteers. Maybe you have a green thumb and can dedicate some time to our Keep Orlando Beautiful program, working on community clean-ups, park beautification projects and more. Visit orlando.gov/volunteer for details on these and other ways you can give 2020's passion a constructive outlet in 2021... other than arguing with friends on social media.

Finally, another way we can all help this month (and year) is to dig deep into our well of patience and show grace for all of those working hard to roll out the vaccination programs for our county. We can all keep doing our part to wear our masks, wash our hands and support our businesses however we can while we wait. If you need the most recent information, visit ocfl.net/vaccines.

Happy New Year and as always, thank you for all you do for our shared community; keep up the great work!









Now Available in Winter Park

Alfredo Arrojas, MD, is a board-certified orthopedic surgeon who specializes in complex joint reconstruction. Dr. Arrojas is experienced in all aspects of hip and knee replacement, including minimally invasive techniques, robotic surgery, and the direct anterior approach. He is fellowship-trained in total joint reconstruction from The CORE Institute in Phoenix, Arizona and is passionate about treating every one of his patients as if they were a part of his family.

To learn more or to make an appointment, please call 407-278-2143 or visit TransformingOrtho.com.





Winter Park Mayor's Message Mayor Steve Leary



Winter Park Library And Events Center – Topping Out Ceremony

In the last quarter of 2020, we celebrated the Topping Out Ceremony of the Winter Park Library & Events Center. This is a traditional ceremony that involves the signing and hoisting of a steel beam. It

celebrates the construction process reaching the milestone of completing the skeleton of the building. The steel beam is symbolic of the uppermost steel piece going into place and the structure has reached its height. Attending physically and some virtually, were our partners, supporters, and staff who are all working together to build our future.

This project stands for so much more than just a couple of buildings, it is more than just a library and events center. It is not another block, stucco, or barrel-tile roof building. We talk about Winter Park being a city of arts and culture. This project demonstrates our commitment to excellence in art, culture, and design.

Our new Library & Events Center will challenge talented design men and women to push clients beyond the cookie cutter. It will be an architectural beacon well beyond our borders. This project demonstrates leadership. An investment in our community. We've worked with great partners to build through incredibly challenging times. A pandemic. Economic uncertainty. To create and manage a safe, secure environment for workers. To build what will be an economic engine. The completion of which will ignite further investment and opportunity in our community.

Beyond design, this is going to be a functional

place. Yes, a place to check out a book and to log on. But look around you. Remember these places. I can remember when my children were younger and they used to sit in awe and listen during story-time at the library. This is the place where dreams are created.

Businesses have changed and people are working differently than just a few years ago. Careers and businesses will be launched here. This will be a gathering place and relationships will be strengthened here.

Vows will be celebrated here.

Across this campus there will be activity. Bodies, minds, and souls will be nourished here. We all need a place like this. We all deserve a place like this. A place that demonstrates a commitment to art, culture, design. A place that demonstrates leadership to invest in community especially through uncertain times. A place that demonstrates commitment to the future. I'm honored to be associated with this project. As always, I'm honored every day to represent Winter Park.

Thank you to our residents, Mayor Jerry





Top photo: Mayor Leary and others at the Winter Park Library & Events Center site. Bottom photo is an artist rendering of the site.

Demings, and Orange County. Thank you to our donors: the Edyth Bush Foundation, AdventHealth, and the Holms family. Thank you to everyone who has stepped up during some adverse times to invest in this incredible site, in our future, and when completed will be the global standard for similar projects. You are the people who make Winter Park this special place.

I look forward to celebrating more milestones, especially our Grand Opening in the fall of 2021.



Track Shack In-Person Events

Park Ave 5k Presented by AdventHealth

Saturday, January 16, 2021

Start time: 7:30 a.m.

Location: Stage at Central Park, 251 N. Park Ave. Winter Park, FL 32789,

(Corner of Garfield Avenue and Park Avenue) Benefiting: Track Shack Youth Foundation

All participants are encouraged to review the new safety protocols prior to registering and attending the in-person events: https://www.trackshack.com/event/17/safety-policies

To register or for more event information, please visit: https://www.trackshack.com/event/17

AdventHealth Lady Track Shack 5k

Saturday, January 30, 2021

Start time: 7:30 a.m.

Location: Mead Garden, 1300 S. Denning Dr. Winter Park, FL 32789

Cost: Please visit the event website for entry fees Benefiting the AdventHealth Breast Cancer Care Fund

All participants are encouraged to review the new safety protocols prior to registering and attending the in-person events: https://www.trackshack.com/event/19/safety-policies

To register or for more event information, please visit: https://www.trackshack.com/event/19

*This is a women-only in-person event. Men can register for the virtual event.

AdventHealth Run 4 Love 4 Mile

Saturday, February 13, 2021

Start time: 7:30 a.m.

Location: Showalter East Fields, 250 Perth Lane Winter Park, FL 32792

Follow event parking signs. No parking at Brookshire Elementary or Cady Way Pool Cost: Please visit the event website for entry fees Benefiting the Track Shack Youth Foundation

All participants are encouraged to review the



new safety protocols prior to registering and attending the in-person events: https://www. trackshack.com/event/2936/safety-policies

To register or for more event information, please visit: https://www.trackshack.com/event/2936



AdventHealth Winter Park Road Race 10k and 2 Mile

Saturday, March 13, 2021

Start time: 7:00 a.m.

Location: Park Avenue in Winter Park, FL

251 Park Avenue North

Winter Park, FL 32789

Cost: Please visit the event website for entry fees for each event distance

Benefiting the Meridian Club of Winter Park Scholarship Fund

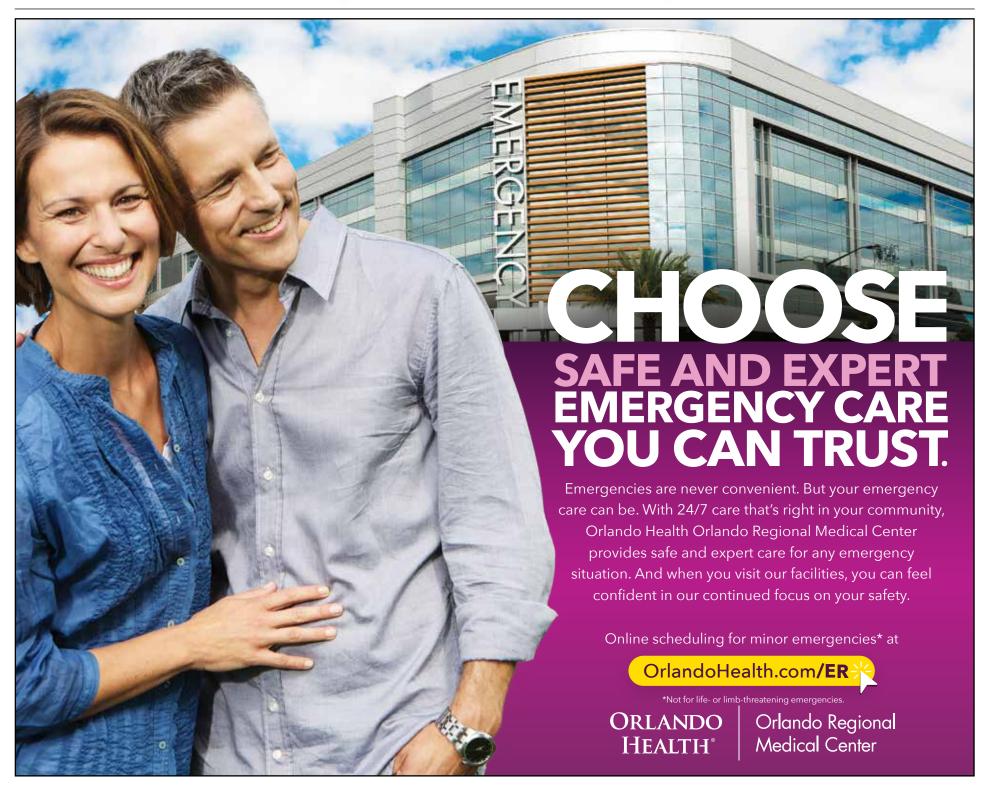
All participants are encouraged to review the new safety protocols prior to registering and attending the in-person events: https://www. trackshack.com/event/103/safety-policies

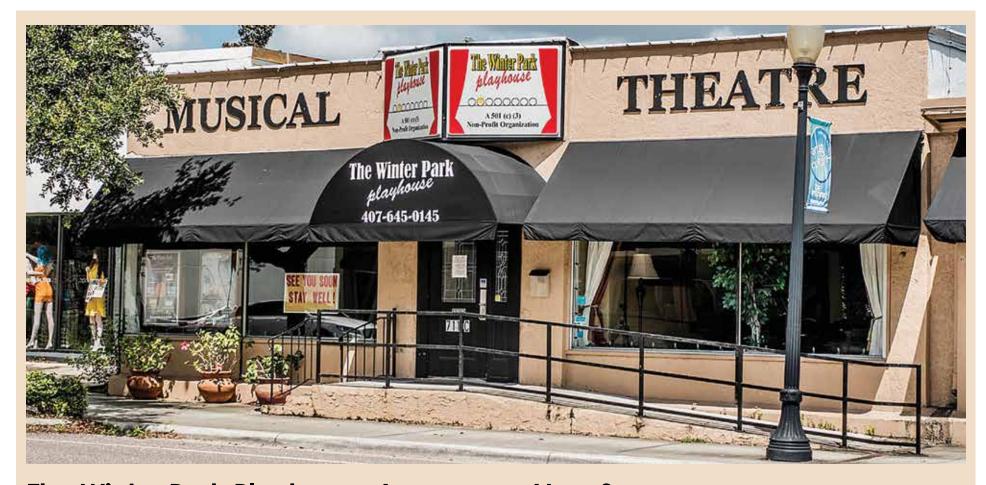
To register or for more event information, please visit: https://www.trackshack.com/event/103

*Please note that the 2 Mile will be virtual. Only the 10k will be an in-person event. This is to reduce the number of participants at the event site while we adhere to CDC guidelines.

Photos courtesy of Track Shack.







The Winter Park Playhouse Announces New Season Of Professional Musicals And COVID-19 Safety Measures

Central Florida's professional musical theatre, The Winter Park Playhouse, announces their comeback to live theatre in January 2021 with a brand new stage and many new COVID-19 safety measures in place.

The Playhouse has been busily preparing for a return to live theatre performances. Of the many structural changes implemented in response to the COVID-19 pandemic, the theatre's newly-built stage is an example of the investment in its art and patron experience.

Through the generosity of Orange County and the CARES Community Arts PPE and Facility COVID-19 Public Health Grant, The Playhouse was able to carefully design and build a new, higher performance stage to create more space between artists and patrons, while making the best use of the intimate space available.

"At a time when safety is a primary concern, building a new stage allowed us to socially distance the actors from each other and the audience. We are proud to say that not only does the new stage raise the actors to a nice height for performance, but we gained more depth, an enhanced structure for tap dancing and dance choreography and a designated orchestra pit!" boasts Roy Alan, Winter Park Playhouse Artistic Director.

The CARES grant money was also used for enhanced sanitation measures including UV lighting in the theatre HVAC system to scrub and clean the air; an application of PermaSafe, an anti-viral/ anti-bacterial product guaranteed to kill the virus on contact for a 12-month period, sprayed on all surfaces (seats, tables, walls, doors, etc.); touchless faucets and soap

dispensers in restrooms; hand sanitizing stations throughout building; and a Plexiglas divider installed at the Box Office.

"We are incredibly grateful to Orange County for this funding. It enabled us to implement extensive measures to ensure a safe re-opening of the theatre for live performances." said Heather Alexander, Playhouse Executive Director.

The Winter Park Playhouse is offering six new musical theatre productions in 2021. The first two productions will be offered both virtually online for those not able or comfortable to return to the actual theatre building, and live with limited seating for socially distanced inperson performance.

The Winter Park Playhouse Mainstage 2021 Series of Professional Musicals

A Grand Night for Singing: This Tonynominated Broadway musical celebrates the music of the incomparable writing team, Richard Rodgers and Oscar Hammerstein II. Experience 30 classics anew through artful arrangements of the most beloved songs in musical theatre history including hits from Oklahoma!, South Pacific, The Sound of Music, The King and I and more!

January 22 - February 20, 2021

Offered to patrons live with socially distanced seating or virtually on line with a private link for viewing sent directly to your home computer.

Respect: A Musical Journey of Women: This high-energy, joyful Off-Broadway musical is an entertaining, exuberant and exhilarating look

at the lives of women as reflected in the popular music of the 20th Century.

March 19 - April 24, 2021

Offered to patrons live with socially distanced seating or virtually on line with a private link for viewing sent directly to your home computer.

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

May 14 - June 13, 2021

Crazy For Gershwin: Take a stroll down memory lane as we pay tribute to two of America's most well-loved composers of all time, George and Ira Gershwin! This high energy song and tap dance celebration will put a smile on your face and a song in your heart.

July 30 - August 22, 2021

Book of Merman: This new musical, direct from a side-splitting Off-Broadway run, takes a hilarious look at a seemingly fated encounter between Ethel Merman and two Mormon missionaries who arrive at her door! This musical has a fresh, witty, original score and will be the nation's Southeastern regional premiere!

September 24 - October 17, 2021

Christmas My Way: A Sinatra Holiday Bash: Ring in the holidays with this fresh, swingin' musical! From classic Sinatra tunes to seasonal favorites Rat Pack Style, this show is complete with 40 popular hits sure to please all! November 12 - 21 & December 1 - 18, 2021

From Page 1

Officer for the Florida Department of Health in Orange County. "This initial shipment of Moderna COVID-19 vaccine not only gives us the ability to protect the local emergency workers who will serve as vaccinators in the future but also limits the spread of the COV-ID-19 virus within the community."

"This is a significant and an exciting step to learn that the Moderna COVID-19 vaccine has arrived to the Florida Department of Health in Orange County," said Orange County Mayor Jerry L. Demings. "Our staff and support teams are standing by to assist the Florida Department of Health in Orange County's efforts to vaccinate the county's EMS workers. While this milestone represents the first step to get the public back to normal, it is important to understand that it will be a long process and the opportunity for mass vaccination will not be for months. That's why it is essential to continue to wear a

face covering and abide by CDC guidelines."

Following the initial distributions to highrisk frontline health care workers and longterm care facility staff and residents, the State of Florida will work to provide vaccine to additional priority groups. The state is committed to providing the vaccine to each priority group and to the general public as quickly as possible, however, much of these plans are dependent on vaccine supply. The Park Press | JANUARY 2021 NEWS 7

Rollins College Names New Vice President For Student Affairs

Donna A. Lee will join Rollins College as its new vice president for Student Affairs. Lee is a nationally-recognized student affairs leader who has demonstrated a strong commitment to diversity and inclusion. She has led and participated in numerous workshops, educational opportunities, and immersion experiences over several decades, including a "Leading with a Racial and Social Justice Lens" institute in 2019. Lee has been a member of and held numerous leadership roles within the American College Personnel Association - College Student Educators International (ACPA) since 1999, was named a Diamond Honoree in 2015, served as president in 2016-17, and most recently is serving as a trustee on the ACPA Foundation Board.

Since 2015, Lee has served as the vice president for Student Affairs at Macalester College in Saint Paul, Minnesota. At Macalester, she oversees a division of more than 100 student affairs professionals, providing vision and leadership for Residential Life, Religious & Spiritual Life, Athletics, Health & Wellness, Multicultural Affairs, Student Leadership & Engagement, Campus Operations, International Student Programs, Career Exploration, and Disability Services. Just as notably, she has overseen the development and implementation of strategies within these areas to promote diversity and inclusion.

"In seeking leadership for Student Affairs at Rollins, my focus was on finding a seasoned professional who would be a passionate champion of our mission and the values of a residential liberal arts campus committed to inclusion, community, care, and connection," said President Grant Cornwell. "What is also critical at this time is expanding upon our collective commitment to racial justice



Donna A. Lee will join Rollins College as its new vice president for Student Affairs.

and diversity and inclusion. Donna Lee's depth of expertise in all of these areas is unmatched, and we are honored to welcome her back to the Rollins community."

Lee is returning to Rollins after holding vicepresidential roles in student affairs at two other institutions. She started at Rollins in 1996, working in various areas of Student Affairs, including Residential Life, Diversity Programs & Student Disability Services and Multicultural Affairs. In 2006, she became interim dean of Student Affairs and was named permanently to the role in February 2007. In 2008, she was called to lead the division of Student Life at Agnes Scott College in Decatur, Georgia, as vice president for Student Life & Dean of Students. At Agnes Scott, she created new programs and departments to deepen student learning, including the Center for Diversity and Inclusion to provide education, resource, and advocacy in pursuit of social justice, and restructured Student Health and Personal Counseling to focus on holistic wellbeing.

"Never would I have imagined that I'd have the opportunity to return to Rollins College...the place I had called 'home' for 13 years!" said Lee. "The mission of Rollins—educating students for global citizenship and responsible leadership—and the principles that guide the College—excellence, innovation, and community—are the very things that have informed the way I do the work. It is with great humility, honor, and enthusiasm that I accept this role, working collaboratively with a distinguished cadre of leaders and educators in pursuit of providing an education that prepares a next generation of leaders to affect change in the world."

"I was fortunate to engage with Donna Lee during a virtual meeting, and she came across as extremely hardworking, goal oriented and student focused," said SGA President Manny Rodriguez. "Her authenticity and genuine care for students was inspiring; she absolutely seems like someone willing to take time out of her day to help others improve and grow. I think she'll be a great asset to the Rollins community and students will love working with her."

Lee will join the College on July 15, 2021.

Orange County's New Fire Recruits Make History For Diversity

The Orange County Fire Rescue Department's (OC-FRD) newest fire recruits have made history as the most diverse class hired by the department. This past November, OCFRD welcomed Class 91 which includes 66 aspiring firefighters, half of whom are of Hispanic, Black, or Asian descent. Also, 19 of the

66 new recruits are female, which means women now represent nine percent of all firefighters at OC-FRD, a number more than twice the national average (four percent) for all career firefighters, according to the National Fire Protection Association.

The effort was a tremendous undertaking and

made possible through the launch of the department's "Go Beyond" campaign, designed to recruit the best candidates who also reflect the diverse and inclusive community in Orange County.

OCFRD often hires candidates who have obtained EMS and fire school certificates. However, as a non-certified program, Class 91 was open to individuals who did not already have such credentials but did have a strong desire to pursue a career in fire rescue. Candidates completed a lengthy application, passed a vigorous physical ability test, and submitted and cleared in-depth background screenings before interviewing with the Office of the Fire Chief.



The Orange County Fire Rescue Department's newest fire recruits have made history as the most diverse class hired by the department.

From Page 1

They continue to complete, or are in the process of completing, many projects to improve the high school experience for all students. Some recent highlights include:

- Complete renovation of the WPHS main campus Media Center
- Main campus landscape beautification project
- Main campus gym sound upgrade project
- Purchased six hand sanitizer stations for both campuses (Main Campus and 9thGrade Center)
- Supported Main Campus and 9GC Academic Support Center
- Showalter Locker room renovations
- Awarded seven Cat Shack Scholarships
- Continued financial support with student organization grants and scholarships.

This is only possible with your continued financial support. The goal is to make Winter Park High School a best-in-class facility. See you on February 27, 2021!

The WPHS Foundation was established in 1992 as a 501(c)3 organization (non-profit and ALL volunteer) to provide additional support to WPHS in order to bridge the gap between county and state educational funding for WPHS students. Its sole purpose is to provide additional financial support for the educational, extracurricular, and athletic needs that benefit WPHS students. All gifts are fully tax-deductible and will qualify for an employer match, if your employer has such a program.

Please follow us on Facebook for all up to date information:@ WinterParkHighSchoolFoundation or email them with any questions or if you would like a silent auction donation form: info@wphsfoundation.org.

Go Cats!



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

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BUSINESS The Park Press | JANUARY 2021

cybersecurity awareness by Ron Frechette, The Cyber Coach

How COVID-19 Affected Cybersecurity In 2020



Ron Frechette

As we dare to reflect on 2020, it will most likely be remembered in the Digital Age archives as the year that the whole world was forced to

social distance and convert to remote workforces overnight. That single shift in our global ecosystem due to the COVID-19 pandemic created a goldmine of opportunity for cyber criminals. Various types of threat actors unleashed countless phishing and ransomware attacks that pulverized small and midsize businesses who had neglected to properly secure their infrastructures.

According to Fintech News, COVID-19 is blamed for a 238% increase in cyberattacks on the financial services industry alone, with 80% of firms worldwide increasing security budgets to betterprotect their infrastructures against the onslaught of attacks. The healthcare industry was also a prime target due to the mass increase in patient care on top of all the coronavirus commotion healthcare workers were forced to deal with. Cyber criminals love distractions.

The following are some alarming 2020 statistics from Fintech News and CSO Online:

COVID-19 Cyber Attack Statistics

- 500% rise in home office attacks
- 148% rise in ransomware attacks in March
- 33% rise in average ransomware payouts
- 600% rise in phishing attempts since March



- 630% rise in cloud based attacks between January and April 2020
- 66% rise in visits to hacker websites and forums
- 5% of coronavirus-related domains believed suspicious

2020 Top Cybersecurity Facts & Statistics

- 94% of malware is delivered via email
- 80% of reported security incidents were phishing attacks
- \$17,700 is lost every minute due to phishing attacks
- 60% of breaches involved vulnerabilities for which a patch was available but not applied
- 63% percent of companies said their data was potentially compromised within the last twelve months due to a hardware- or siliconlevel security breach
- 40% of IT leaders say cybersecurity jobs are the most difficult to fill
- Data breaches cost enterprises an average of \$3.92 million

Based on these facts and statistics, it is evident the cybersecurity landscape will continue to be extremely volatile as we move into 2021 and beyond. Expect to see more federal and state regulatory pressure being put on small and midsize business owners to attest they have the proper security controls in place to protect their company and client data. We will also see a rise in law suits, fines, and penalties in both the private and public sectors. If you are a business owner and have not implemented a formal cybersecurity program, now is the time to take action. One click of a nefarious phishing email is all it takes to send your business into a costly tailspin that 60% of small businesses never recover from.

In closing, the first step in beginning the cybersecurity program journey is to conduct a Security Risk Assessment. I will be writing more about this subject in the coming months. There are free resources available to help get the process started. Until next month, wishing everyone a safe and prosperous 2021! Questions? Email me: ron.frechette@goldskysecurity.com

Sources: https://www.csoonline.com/ article/3153707/top-cybersecurity-facts-figuresand-statistics.html, https://www.fintechnews.org/ the-2020-cybersecurity-stats-you-need-to-know/

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

Orlando Shakes Goes Outdoors For Spring 2021 Season

As Orlando Shakes in partnership with UCF enters 2021, the theater is making big changes to the remainder of their 2020-2021 season. To maintain safety for patrons and artists, all upcoming productions will now be performed either outside or offered virtually. Orlando Shakes' new outdoor performance space, the Darden Courtyard tent, is behind the Lowndes Shakespeare Center. Patrons will be seated at socially distanced, cabaret-style tables.

Deborah Brevoort's My Lord, What a Night, originally set to premiere in March 2020, will now be a video-on-demand experience. For this virtual production, audiences will be transported to the home of Albert Einstein on the historic night he met music legend Marian Anderson. Inspired by true events, this story explores the racial, religious, and gender-based struggles plaguing two of the most iconic entities of the 20th century.

"We're bringing back cast members like Eric Zivot and Sheryl Carbonell to finally bring our audiences the NNPN (National New Play Network) Rolling World Premiere of this fantastic new play," Artistic Director Jim Helsinger said. "This work shines a contemporary light on two iconic figures from history who bond over shared experiences of discrimination in America."

My Lord, What a Night will be available to stream February 3 - 14, 2021. This production is sponsored by Parkway and Pat Strasberg. Tickets starting at \$15 are on sale now.

Interstellar Cinderella; and Bare Bard: Henry IV, Part 2; have been postponed to future seasons. All ticket holders for Bare Bard: Henry IV, Part 2 will be contacted regarding their ticketing options.

"Interstellar Cinderella is a fantastic musical production that we hope to produce in the future," said Helsinger. "We look forward to producing the Bare Bard production of Henry IV, Part 2 next season, so we are able to forge ahead with our epic Fire & Reign series. It may be tak-

ing longer than we hoped, but we are still deeply committed to bringing Shakespeare's histories to the Orlando Shakes stage."

In a thrilling change to the Orlando Shakes season, *Lady Day at Emerson's Bar and Grill* will be switched for the critically-acclaimed, off-Broadway show, *Josephine*, and performed in the new outdoor cabaret tent. This one-woman, biographical musical combines cabaret, theater, and dance to tell the story of the iconic Josephine Baker, the

first African-American international superstar and one of the most remarkable figures of the 20th Century. The 1930s luminary pushed the boundaries of race, gender, and sexuality, while living an extraordinary life as her most authentic self. This brilliant tour de force performance celebrates Josephine's life journey, while highlighting her most famous acts, from

songs like "Blue Skies" and "La Vie en Rose," to the dance routine that established her stardom, the danse sauvage, also known as the banana dance.

"After this last crazy year of no live theatre, I cannot even put into words how excited I am to be able to once again tell the remarkable story of Josephine Baker, " said co-creator and performer Tymisha Harris. "To have an outdoor space with so many thoughtful safety measures created by Orlando Shakes is such a blessing and honor for us." Harris has been performing professionally for over 20 years. Her early credits include assistant choreographer and backup dancing for the 90s pop group N*SYNC, backup dancer for LFO, multiple roles at Universal Studios Orlando, and a featured role in the hit movie series *Bring It On*. More recent endeavors include the national tour of Broadway's Rock of Ages, a European tour with the innovative and world-renowned Pilobulus Dance Theater Company, and as a founding member and

Assistant Director/Choreographer of the successful Orlando-based troupe, VarieTease.

Josephine, created by Tymisha Harris, Michael Marinaccio, and Tod Kimbro, will run February 17 - March 21. The performance will appear in Orlando Shakes' new outdoor performance space, the Darden Courtyard tent, behind the Lowndes Shakespeare Center. Seating is at socially distanced, cabaret-style tables. This production features partial nudity. An accompanying adult is

required for under-17 attendees. Tickets starting at \$30 per person are on sale now.

"Josephine" will run February 17 - March 21, 2021 at the Orlando Shakes' new outdoor performance space, the Darden Courtyard tent.

Our outdoor venue and safety policies at Orlando Shakes utilize

best practices for a return to sharing our dynamic productions," Managing Director Douglas Love-Ramos says. "We have been working for many months learning from our colleagues across the country, studying CDC guidelines, and checking in with our healthcare partner AdventHealth. We couldn't be more excited about our open air season in our courtyard and our return to the amphitheater at Lake Eola for our already announced Spring productions of *A Midsummer Night's Dream* March 31 - April 17, 2021 and *Little Shop of Horrors* May 5 - 23, 2021."

All events produced by Orlando Shakes will follow health and safety guidelines and policies set by local and national government officials. The most up-to-date safety information for all of Orlando Shakes' in-person offerings can be found at: https://www.orlandoshakes.org/visit-us/frequently-asked-questions/safety/



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in the garden by Stephen and Kristin Pategas



The Nature Of Plants – A Book Review

Stephen & Kristin Pategas

In the Nature of Plants by Craig Huegel and published by the University Press of Florida, gardeners

especially will enjoy learning what makes plants tick. After all, there are over 288,000 unique species of plants in existence today, nearly 90% are flowering plants (think pollen, edibles, and color), and every human and animal owe their existence to plants.

The author - exactly our type - has much practical knowledge as a lifelong gardener, along with a keen eye for observation. Huegel is a gardener first and a biologist second. He has an appreciation of the beauty of plants and their underlying biology.

We learn about the earliest of plants well before the arrival of the cycads (sago, Dioon, coontie, and cardboard plant) that were eaten by dinosaurs and today dramatically grace conservatories around the world and our tropical and sub-tropical climes. Through the eleven comprehensive chapters we also discover plants' relationships to light, water, soil, structure, roots, stems, leaves, reproduction, seeds, hormones, and communication. The last two chapters on plant hormones and communication, where much of the current cutting-edge research is taking place, are most intriguing.

Throughout the book we are frequently reminded about what we previously learned about plants, but the presentation and context make it more understandable and germane. Here is a sampling of some of the basic and unusual information found throughout the book:

- Through photosynthesis, solar energy converts to chemical energy to fuel plant life. To thrive or even survive, plants have varying requirements for levels of light. Stifle the source of light and plants will lean towards what light is available.
- Stems are the plant organ that connects the roots to the leaves. They transport water and sugars and often play a significant role in photosynthesis.
- Terminal buds are located at the end of each stem and are the site where primary growth occurs. Axillary buds located along the stems are locations where new terminal growth could occur.
- No leaf lives forever and hormones play a role in when they drop.

- Reproduction is necessary for survival and supports wildlife with the resulting cones, flowers, and fruit which also add visual interest to the plants. Plants reproduce by sexual or asexual reproduction.
- Plant hormones regulate growth and development. They help plants sense gravity and grow towards light.
- Plants, which are typically rooted in place and cannot move to avoid danger or seek better growing conditions, have developed ways to communicate amongst themselves. One method is by releasing scents into the air. Biologists call them volatile organic compounds (VOCs). They are used to elicit responses from other plants. Plants release VOCs specific to the pest attacking them. Beneficial insects that attack the pests are attracted by that specific VOC.

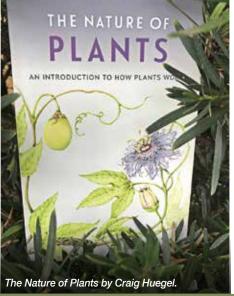
This is a book to keep near at hand so that after a stroll through the garden various aspects about plants can be explored. Regarding a plant's use of VOCs - is there a response from a plant when it is pruned instead of being attacked by a pest? Check out this intriguing book for the answer.













Hortus Oasis (LA0001090) in Winter Park is a boutique garden design company specializing in residential, commercial, and specialty gardens. Stephen is a registered landscape architect and Kristin is a certified landscape designer. Contact them at 407-622-4886/ garden@hortusoasis.com and visit www.houzz.com/pro/hortusoasis/_public.

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



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



It's The Most Wonderful Time Of The Year...

"It was the best of times, it was the worst of times...... it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair."

— Charles Dickens, A Tale of Two Cities

It is, finally, January 2021... 2020 was a hard year.

In no way do I mean to imply that I believe life will drastically change and everything will be better upon the stroke of midnight on 1/1/21.

And then again, maybe I do...

I know there will be adjustments. I know there will be a learning curve. I know the vaccine will take months to be fully rolled out. I know that we will still face loss and hardship and fear, as a community and as a nation. And yet, I also believe that the hope and the perspective that we share as a collective body, for this coming year, is greater and more aligned than it has been in many, many years.

We have toiled and suffered and 'angsted' and worried a lot over the better part of our last year.

We are ready for not only normal but 'better.' Personally, professionally, relationally and emotionally there has been a lot to bear. The new year provides new hope, more empathy, greater connection, profound appreciation, and true gratitude. So why not believe that with a new year comes a fresh start... even if it's only psychologically speaking, at the stroke of midnight.

With that, I humbly offer to you far better words than I could ever author. My favorite piece of written work and a piece from which I never fail to reap more benefit every time I read it.

ESIDERATA

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery.

But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore, be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

- By Max Ehrmann 1927

Wishing you a safe, happy, healthy, peaceful and hopeful 2021 to come.

With my gratitude 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.

pop culture detours by George McGowan

Welcome 2021! Let's Make Promises We Can Keep

After putting 2020 in the rearview window, what lies ahead in 2021? A quick Google search tells me that our good neighbor and local benefactor, Disney World, turns 50 this year. I am certain that will be a celebration to remember! And just to keep things "real" and to prove that I am in fact, very old, the first Harry Potter movie turns 20 and my wife and I will celebrate our 40th high school reunions sometime this year, COVID-19 -willing.

I have never been good at resolutions, so you'll get no advice from me (see below for advice

from some others). However, I will say that this year I would like to be present in every moment. As a planner, and worrier, I tend to think days or weeks ahead. But as a consumer of culture, I think 2021 should be the year of enjoying every second, minute, hour, and day- and whatever pop culture might be throwing at us at that moment.

There will be days in this new year when a book, movie, TV show, or song will touch me enough to share the experience with you. There will be spontaneous moments where I will get goosebumps from seeing, hearing, tasting, or smelling something that brings me joy. I hope that I remember to cherish these moments, knowing that they are important and should be celebrated. And when I think they would maybe make your day too, I will write about them, and hope you read about them.

For now, to honor this new beginning and offer some others' thoughts on the new year, let me share some song lyrics from what I found was a



Above: Tracyanne Campbell photo courtesy of Camera Obscura.

rather shallow pond of songs dedicated to the subject. Perhaps, they will be useful to you in 2021.

First, from 2013, from "New Year's Resolution" written by Tracyanne Campbell and performed by her band Camera Obscura:

New year's resolution to kiss you like I mean it

With cheeks the colour of Rhubarb we'll be fine

Everybody's rushing around like they got a meeting

I just want to be here with a friend of mine

Next, from 2003, from "The New Year" by Death Cab for Cutie:

So this is the new year And I don't feel any different The clanking of crystal
Explosions off in the distance
So this is the new year
And I have no resolutions
For self assigned penance
For problems with easy solutions

And finally, from 1967's classic album King & Queen, which I believe I have written about before, "New Year's Resolution" performed by the incomparable Otis Redding and Carla Thomas:

Love me baby, huh Week after week And baby, let's make promises

That we can keep

And call it a New Year's resolution, yeah, oh

Of course, Otis and Carla sum it all up so beautifully, and with just the right amount of soul! Happy New Year!



Above: Death Cab for Cutie photo from Upset Magazine.

schools



I hope this message finds you well and that you and your families are safe and sound. As we move out of the holiday season, I would like to share some recent student highlights.

A big congratulations to Maggie McMillen, Luke Medina, and Tianna Tringas for their performances at the Central Florida Debate Initiative 3rd Tournament on Saturday December 5. They were some of the only middle school competitors and they placed against varsity high school competitors. Maggie McMillen placed first for middle school competitors in Oral Interpretation of Literature (OI) and second overall against high school students. Luke Medina, in his first competition, placed second in Middle School competitors and fourth overall!

Tianna competed in a very challenging Dramatic Performance division against varsity high school students and placed fifth overall. So proud of our Lions!

Winter Park High School PRINCIPAL MATTHEW ARNOLD

Despite the unique challenges of 2020, Winter Park High School has managed to adapt and thrive. Our athletic teams have taken extraordinary measures to ensure a safe environment while still performing at their best. Fall sports has wrapped up the season, and all nine teams qualified for the FHSAA Academic Team Championship by earning at a 3.0 or higher team GPA. Special recognition to Boys Golf who finished second and Girls Volleyball who finished 10th in the state in their respective classifications. Among other accomplishments in the post-season this year:

Girls Bowling - Metro Champs, District Champs, and 5th in the state

Girls Cross Country - District Champs and Regional Champs

Football - District Champs

Boys Golf - District Champs and State Runner-Up

Girls Golf - District Champs

Girls Swimming -3rd in the State and multiple All Americans

Girls Volleyball -District Champs



We hope that everyone had a wonderful Christmas followed by a restful and restorative break. We are very happy to be back at school and are looking forward to the new year.

This school year we have been using our outdoor spaces to their fullest. Classes are often seen playing games on the fenced front lawn. Having a campus surrounded by nature allows us to take frequent walks to observe what is happening in our environment.

Our Nature Center and large garden boxes are the sites of a lot of digging, planting and watering. Art and science experiences are frequently moved outdoors where the children are surrounded by plants that attract butterflies.

The playground is also treated as an active learning center where children learn language, math, and social skills while engaging in gross motor activities such as running, climbing, swinging, and sliding.

Registration for ages one year through VPK classes for the 2021/2022 school year begins February 1. Our school day runs from 9:00 a.m. until 1:00 p.m. with early drop-off and extended day available. After-school enrichment programs are offered in soccer, gymnastics, music & movement, mixed sports, Spanish, art, yoga, nature discovery, ballet, science, and cooking.

Please contact us at 407-629-0727 or submit a request for information online at winppc.org/ preschool.

Give Kids The World Village For **Critically III Children Reopens**

Give Kids The World Village in Kissimmee will be reopening to "wish" families on January 17, 2021, nearly 10 months from the day that it closed due to the COVID-19 pandemic. Give Kids The World Village is an 89-acre nonprofit resort that provides transformative weeklong "wish vacations" to critically ill children and their families from around the world, at no cost

- with more than 176,000 families served since 1986. Since mid-March, the wishes of more than 6,000 critically ill children have been postponed due to the closure.

With safety as its number one priority, Give Kids The World Village will be taking a thoughtful, phased approach to reopening, beginning with a limited number of families and gradually growing its occupancy over time. The decision to reopen has been made with the full support of the Village's longtime theme park partners- Walt Disney World Resort, Universal Orlando Resort and SeaWorld- and after careful consultation with the infectious disease experts at Nemours Children's Hospital. Nemours experts, led by pediatric infectious disease clinician and researcher Kenneth A. Alexander, MD, PhD, also worked closely with Give Kids The World to develop the nonprofit's comprehensive COVID-19 safety plan, which has been in effect since March. To view Give Kids The World's reemergence video, visit https://youtu.be/yXJI6g80oMg.

"Experts consulting with Give Kids The World have given clear guidance on the scale and staging of reopening, masking, social distancing, handwashing, food service, facilities cleaning, crowd management and transportation, and Give Kids The World has implemented all of these recommendations. Reviewing the reopening preparations at Give Kids The World, we are confident that medically-complex children and their families can safely visit the Village," said Dr. Alexander.

Give Kids The World President and CEO Pam Landwirth said, "We are thrilled to be getting back to our mission of spreading joy and creating the happiness that inspires hope for critically ill children and their families through magical stays in our storybook Village."

During normal operations, Give Kids The World relies on the compassion and kindness of more than 1,800 volunteers each week to fulfill its charitable mission in support of critically ill children and their families. As the Village reopens, volunteers will once again be welcomed back for life-changing service opportunities.

Rated Four Stars by Charity Navigator - with 90 cents of every dollar donated going directly to program services- Give Kids The World Village was created by Holocaust survivor Henri Landwirth with the goal of never turning a "wish child" away. Thanks to the outpouring of support from Village partners, volunteers, board members, wish-granting organizations, and staff, the Village will celebrate its 35th anniversary on March 7, 2021. For more information, visit www.gktw.org.









protection and service by Jim Whitman, Winter Park Police Department

New Year...New (Same) Resolutions?

If you are like the majority of Americans, your New Year's Resolution probably centered on becoming more physically fit or losing weight or perhaps reading a classic novel like *Moby Dick*. On the off chance that you were serious about those resolutions, we would like to remind you of some safety tips when attending gyms while attaining your fitness goals.

Many gyms offer locker rooms with lockers. Most gyms require you to bring your own lock for those lockers. Although you may bring the best lock made, the security of that locker is only as good as the construction of the locker itself. Unfortunately, many of those lockers are made of wood and are not as secure as you would hope. For that reason, we recommend only bringing to the gym what you need. That starts when you leave your home for the gym. Prior to driving to the gym, place your valuables some place out of sight (in the trunk if you are in a car) so that no one sees you stashing your things

while in the parking lot of the gym. Once you enter the gym, you will only need to bring your face covering and car key and thus reduce the chance of becoming a victim.

On the subject of vehicles, please remember

to always lock your cars, even when they are parked in your driveway or in front of your residence. This also applies when you are visiting parks and shopping centers as it only takes a moment for some opportunistic thief to try a door handle and get

lucky because you didn't lock your vehicle. It should go without saying that you should never store your firearms in your vehicle when it is unoccupied and as always, nothing valuable should be left in plain view.

As we start this New Year, let's make a conscious effort to be aware of our surroundings and protect ourselves and our belongings. Re-

member, taking a few minutes to secure our property now is much better than the time and expense it takes to file reports and replace stolen items and perhaps replace broken windows. As always, "If you see something, say something!" We are

just a phone call away, 911 for emergencies and 407-644-1313 for any other concerns.

Now back to my book, who is this Ishmael?



One-on-one help with your Medicare questions.

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Take the confusion out of Medicare



Get help comparing plans



Receive one-on-one service



Make switching plans easier

I'm Daniel LaForest, a licensed sales representative in Central Florida.

When it comes to Medicare, one size definitely doesn't fit all. What works well for your neighbor may not be the best fit for you. And what met your needs last year might not be the best fit this year. Take advantage of this time to explore your Medicare choices so you can enroll in a plan with confidence. I'm here to help. I know the ins and outs of Medicare, and I can help make it easier for you to understand too.

Go ahead, take advantage.

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