

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

The Kate And Justin Rose Foundation Donates \$1 Million To Blessings In A Backpack Orlando Chapter

Professional golfer Justin Rose and his wife, Kate Rose, have announced a \$1 million donation to the Blessings in a Backpack Orlando chapter to help feed elementary school children who might otherwise go hungry on the weekend. This donation from the Kate & Justin Rose Foundation

will go on to immediately feed 1,000 children, and help enhance the food bags they are given.

The newly-announced donation will also help start a match program for the Orlando nonprofit, founded in May 2020, to get volunteers on board to start new programs for the organization. The gift has been set up to have maximum immediate impact on feeding children, while also creating sustainability for the organization.

This \$1 million donation is in addition to their original grant of \$1.15 million to found the Kate & Justin Rose Foundation Chapter of Blessings in a Backpack, Orlando, affectionately known as 'Rose Blessings Orlando.'

Blessings in a Backpack mobilizes communities, individuals, and resources to provide food on the weekends for elementary school children across America who might otherwise go hungry. As closures caused by COVID-19 lead to a rise in unemployment and poverty, it is projected that 18 million children nationwide are experiencing food insecurity. That's one in four American children who may be struggling with access to food.

Who will feed the kids this weekend?

ESSINGS IN A

PAC

The consequences of hunger are much more than a growling stomach. Poor nutrition can result in a weaker immune system, increased hospitalization, lower IQ, shorter attention spans, and lower academic achievement. Children are fed during the school week by federal government programs. We want to make sure they're getting nutritional meals over the weekend, too, so that they can show up for school on Monday nourished and ready to learn. For more information, please visit Orlando.blessingsinabackpack.org.

Feeding hungry tummies and curious minds is what the Kate and Justin Rose Foundation is all about. Its focus is on a three prong approach to improving children's lives by providing nutritional Continued on page 5

More Residents Now **Eligible For Energy Bill** Assistance

The Emergency Home Energy Assistance for the Elderly Program (EHEAP) recently expanded its eligibility requirements to include households with an applicant age 60 or older and at least one household member who is receiving one or more of the following benefits:



• Temporary Assistance for Needy Families (TANF)

- Supplemental Social Security (SSI)
- Supplemental Nutrition Assistance Program SNAP)

This expansion now allows for households that may not have previously met EHEAP's income requirements to qualify as "categorically eligible" for energy bill assistance. EHEAP, which is 100% federally funded through a grant by the U.S. Department of Health and Human Services, helps qualifying seniors pay energy bills in an emergency.

Continued on page 7



INSIDE THE PARK PRESS

News1	In The Garden9
Publisher's Message2	Health 10
City Commissioner's Message3	Pop Culture11
Winter Park Mayor's Message4	Schools 11
Business8	Protection & Service11

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

The Park Press[™]

PUBLISHER RICK CABLE rick@theparkpress.com

ART DIRECTOR JILL SHARGAA

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

EDITORIAL CONTRIBUTIONS AND WRITERS

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

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

VISIT US ON THE WEB www.TheParkPress.com

QUESTIONS OR COMMENTS?

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

RECEIVE YOUR COPY OF The Park Press EACH MONTH BY MAIL

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

THE PARK PRESS IS PUBLISHED MONTHLY. ALL CONTENTS, LOGOS, AND ARTICLES ARE COPYRIGHTED MATERIALS AND ALL RIGHTS ARE RESERVED. ANY REPRODUCTION IN WHOLE OR IN PART WITHOUT PRIOR WRITTEN PERMISSION OF THE PARK PRESS IS STRICTLY PROHIBITED. THE PARK PRESS RESERVES THE RIGHT TO REFUSE ANY ADVERTISING MATERIAL FOR ANY REASON DEEMED INAPPROPRIATE BY THE PUBLISHER. ©2021 THE PARK PRESS, LLC

Publisher's Message



take you back to a moment in time. Perhaps a time prior to many of us being born. A time when minimum wage was \$1.00/hour, a gallon of gas cost 25 cents, a loaf of bread cost 22 cents, the average cost of a new car was \$2,600 and the average cost of a

Please allow me to

Rick Cable

new home was \$12,700. President Eisenhower occupied the White House, Staff Sargent Elvis Presley was honorably discharged from his military service, Ian Fleming and future president John F. Kennedy humorously discussed over dinner how James Bond would get rid of Fidel Castro, and the first Winter Park Sidewalk Art Festival was held. Yes, this all took place in March of 1960.

Sixty-two years ago a handful of local art enthusiasts organized the first Winter Park Sidewalk Art Festival as a community project in hopes of benefitting local artists by showcasing them along with their original works. With just three weeks of advertising, the first festival had 90 exhibiting artists.

Now fast forward over those 62 years, and the humble event that they started has grown to become one of the oldest, largest, and most prestigious juried outdoor art festivals in the nation. During the '70s the show grew to over 600 exhibiting artists, but it was eventually decided that the festival needed to be contained within Central Park, limiting the number of participating artists to 225. This year nearly 1,100 artists from around the world applied for entry for one of those coveted 225 spots.

The COVID-19 pandemic has this year's festival being done virtually on March 15th through March 31st, and a live in-person festival scheduled for May 14, 15, and 16, 2021. For more information regarding this year's festival, please visit www.wpsaf.org/.

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

Rick

Rick Cable Founder/Owner

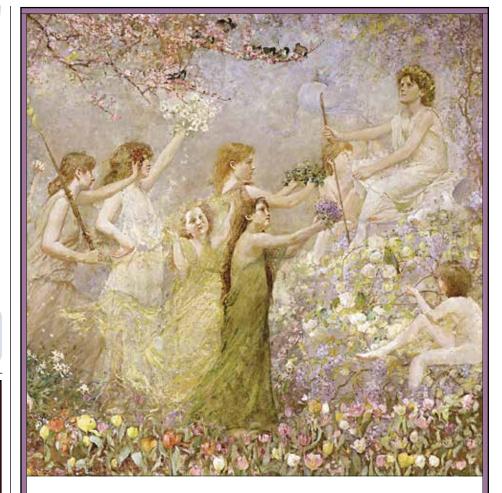


Last year's official poster, by Victor Bokas.

OUR PUBLICATION IS MADE POSSIBLE IN OUR COMMUNITY BECAUSE OF THE SUPPORT OF OUR ADVERTISERS.

WE THANK THEM FOR SUPPORTING US AND ASK THAT YOU PLEASE KINDLY GIVE THEIR PRODUCTS OR SERVICES CONSIDERATION FOR YOUR BUSINESS.

Like us on Facebook





Good news. Rates just got lower.

John Psomas RICP, Agent 922 Lake Baldwin Lane, Suite A Orlando, FL 32814 Bus: 407-277-2997 www.johnpsomas.com Se habla español I'm excited to announce auto insurance rates just went down. I can help you find coverage that works for you. LET'S TALK TODAY.



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

SPRING at the MORSE

Visit the Morse Museum during the spring season to view the collection, including Louis Comfort Tiffany's chapel interior from the 1893 Chicago world's fair. For more details and to make an appointment, visit the Museum online.



THE CHARLES HOSMER MORSE MUSEUM of American Art MORSEMUSEUM.ORG

FOLLOW US ON 📑 🔽 👂 🖸

445 NORTH PARK AVENUE WINTER PARK, FLORIDA 32789 (407) 645-5311 JUST A 5-MINUTE WALK FROM THE SUNRAIL STATION.

1901155

City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



As we surpass the one-year anniversary since COVID-19 put our lives and our businesses on lockdown in March 2020, we continue to adapt to what seems like ever-changing information being delivered at lightning speed. The lingering effects the past 12 months have had on individuals and businesses across

Robert F. Stuart

our nation and certainly across our city have been far reaching. Solutions must be attained through ideas and innovations brought forward at the local, state, and federal government levels. With this in mind, I wanted to bring to your attention a few updates on what is happening and also encourage you to get involved.

Here in Orlando, our City Council recently approved an amendment to the Business Tax Receipt (BTR) requirements, which allows for the waiver of the \$250 late fee for businesses that have not paid their BTR renewal in a timely manner. Also in February, the City approved more than \$150,000 in rental assistance to downtown businesses, utilizing money levied through the Downtown Community Redevelopment Agency.

On a state level, this year's Legislative Session begins on March 2nd and lasts 60 days. In that time frame, the Florida Senate (flsenate.gov) and House (myfloridahouse.gov) are required to pass the annual state budget for the 2021-2022 fiscal year, which begins on July 1st. Governor DeSantis' budget proposal includes \$96.6 billion dollars in spending and serves as a starting point for budget negotiations as the Florida Legislature works toward a final budget plan that must be passed prior to the session concluding. One of the major debates will center around education funding since more than 88,000 former public school students did not enroll as expected this school year and historically much of the K-12 education funding is disseminated on a per-pupil spending calculation.

On a federal level, the Centers for Disease Control and Prevention (CDC) has released an Order that may stop landlords from evicting some tenants through the end of March. The order does not automatically protect tenants, and action from the tenant is required. Tenants must meet the eligibility criteria and deliver a signed CDC Declaration form to their landlord to be protected. Visit cdc.gov/ coronavirus to obtain the form. Further, the Federal Government announced that in addition to current locations, they are opening one of four federal vaccination hubs in Florida right here in Orange County at the Valencia College West Campus. More details can be found at myvaccine.fl.gov.

As we consider all levels of government, one issue that is integral to our quality of life is Home Rule. Since 1968, Floridians have recognized the need for cities to have Home Rule powers. Under the widespread belief that those elected officials closest to the people can make the most educated decisions on their behalf, it was voted to be included in our state's Constitution (Article VIII, Section 2(b)), and was implemented by the State Legislature in 1973. Home Rule is a cherished concept, supported by an overwhelming majority of Florida citizens. It is the foundation for local governments as they create fair, effective, and responsive policies for their communities, since there is not always a one-size fits all solution for every part of our great state.

Home Rule allows citizens the most input on issues directly affecting their way of life. It is important, because it means that decisions for your city

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

are made by a group of elected officials who all love it enough to live there.

The State Legislature seems dead set on changing that.

In the past three years, the Florida Legislature has filed more than 100 bills that have tried to strip away local authority. In some cases, they have been successful.

Doing this makes access to services more difficult. Imagine needing to contact your state representative for neighborhood issues like tree removal, or when your next door neighbor decides to utilize his home as a full-time auto repair shop, and the State of Florida puts a law in place that says his right to run a business eclipses your rights to a certain quality of life in a single family neighborhood. So when his business brings cars parked all over his front lawn up on cinderblocks, you would want to call your city to provide some guidance and oversight on what is enough and what is too much... but the State of Florida has usurped the local government from regulating home-based businesses in any manner (this is actually the subject of two bills filed this session). Ask yourself this: is it easier to be heard at your local municipal council meeting or in front of the session of the Florida House of Representatives?

With issues ranging from transportation to growth management and zoning, residents in Miami may have different priorities than the citizens of Deland. This is why it's important to stay informed and know what's going on at all levels of government. You can make your voice heard and stay educated by visiting buildingstrongercities.com. **Text the words "Home Rule" to 50457** to receive information on how you can easily get involved from the comfort of your own device.



EMERGENCY CARE YOU CAN TRUST.

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

Online scheduling for minor emergencies* at

OrlandoHealth.com**/ER**

*Not for life- or limb-threatening emergencies.

ORLANDO HEALTH° Orlando Regional Medical Center



Winter Park Mayor's Message

Mayor Steve Leary



Years In Review 2011 - 2021

serve as the 54th mayor of the City of Winter Park. Prior to my serving the past six years as mayor, I served four years in Seat 1 on the city commission. I am fortunate to have

followed, and served with, many dedicated elected officials who have contributed to our progress these past ten years.

I would especially like to thank my immediate predecessor, Mayor Ken Bradley, for his vision to build our rainy-day fund. We began this fiscal year with 30% of our General Fund in reserve, due to Mayor Bradley's goal and past commission's budgetary restraint. In addition, former Mayors Brewer,

It has been an honor to Hotard, Johnston, Marchman, Terranova, and Trovillion have always been great sounding boards for me. I'm very thankful for Congressman John Mica, Florida House Speaker Dean Cannon and Senate President Andy Gardiner who have all assisted in moving forward some of our major improvements such as the Howell Branch Preserve, Fairbanks Transmission Line Undergrounding, Amtrak Station, and others. The three projects I noted totaled more than \$20 million, and were all paid for with state and/or federal dollars.

> I have served the past two years as the chairman of the Orange County Council of Mayors and wish to thank other local leaders for their support. We are only as good as our neighbors and we all work well to build a better whole. Thank you to

Commissioners Sarah Sprinkel, Pete Weldon, Tom McMacken, Greg Seidel, Doug Metcalf, and Karen Diebel for your counsel and steady hand.

Lastly, when functioning properly, your city commission works with staff to set objectives, develop strategies, and set a budget to run Winter Park on a daily basis and to plan for a brilliant future. We ask City Manager Randy Knight, Fire Chief Dan Hagedorn, and Police Chief Michael Deal to work with +500 professionals who represent us every day to manage to the plans and budgets. These men and women take great pride in Winter Park and I take great pride in calling them friends. Thank you for your continued support.

Sincerely, Mayor Steve Leary

2011

- Downtown Winter Park Historic District was placed on the National Register of Historic Places.
- Winter Park certified as a Green Local Government at the Gold level.
- Completed the 2.7-mile Lake Baldwin Trail in partnership with the City of Orlando.
- Opened the new, state-of-the-art LEED certified Winter Park Community Center.
- Removed user fees on our dog-friendly water front Lake Baldwin Park.

2012

- Celebrated the city's 125th Anniversary.
- Urban Land Institute TAPS panel 17/92 and Fair banks corridor study.
- Interlachen Avenue Historic District was listed in the National Register of Historic Places.
- Grand re-opening of Winter Park Country Club Pro Shop.
- Grand opening of the new Winter Park Community Center Pool.
- Grand re-opening of City Hall, made possible by a stimulus grant from the federal government.
- Dedicated the Winter Park Fallen Heroes memorial paying tribute to lives lost on 9/11.

2013

- Celebrated the opening of the new Alfond Inn.
- Dedicated Martin Luther King, Jr. Park.
- 2014
- Welcomed home Lt. Chuck Nadd with a Iometown Hero Welcome Parade featured as a Superbowl commercial.

• State funded \$400,000 for improvements to Lake Lillian in Mead Gardens.

Some Highlights From The Past 10 Years

- Purchased & demolished 2600 Lee Road Club Harem – property purchased by the city in 2014. 2016
- Celebrated the grand re-opening of the Winter Park Golf Course, a.k.a, the WP9.
- Opened Lee Road Extension, a road improvement project funded by the neighboring developer.
- Renovated and reopened Showalter Field.
- Began work on Railroad Quiet Zones.
- Referendum passed for \$30 million bonds for Library & Events Center.
- Renovated Ward Park bathrooms.
- Acquired the Fairbanks bowling property for future roadway improvements.

2017

- Began Denning Drive Multi-Use Trail Project from Orange to Fairbanks.
- Acquired +50 acres of the Howell Creek wetlands for natural park with \$2 million funded by the state.
- Approved funding for a fiber optic network that will connect our traffic signals and other city assets.
- Began work on the St. Andrews Trail a \$2 million project funded by the state.
- Began the new Community Paramedicine Program.
- Launched new Police Neighborhood Advisory Committee.



- Celebrated the grand reopening of the Winter Park Tennis Center.
- Center for Health & Wellbeing held a grand opening.
- Opened the new Charles H. Morse Park Moonlight Garden.
- Installed a new geothermal pump to the Cady Way Pool allowing year-round swimming.
- Installed new lake buoys to help mitigate unsafe boating activity on the lakes.

2020

- Completed the undergrounding of transmission and distribution lines on Fairbanks Avenue.
- Completed Quiet Zones at all railroad crossings throughout the city.
- Celebrated Winter Park Library & Events Center official Topping Out Ceremony.

- Installed solar panels at the Public Works Compound, the city's first solar energy project.
- Celebrated the grand opening of the city's new Winter Park Train Station serving both Amtrak & SunRail.
- Dedicated "The Peacock Project" fountain in the Central Park Rose Garden designed by John Michael Thomas in memory of his late friend Elizabeth Buckley.
- Developed the city's First Urban Forestry Management Plan to ensure a multi-generation healthy tree canopy.

2015

- Launched the Vision Winter Park process.
- Dedicated Shady Park Pavilion in honor of Dr. Mitchell L. Dawkins, Sr.
- Adopted the Sustainability Action Plan.

2018

- Planted new a 20-foot Red Cedar holiday tree.
- Funded Mead Botanical Garden Habitat Enhancement Project.
- Launched Family Fun Program of the Parks & Recreation Department.
- Began undergrounding of Fairbanks power lines, a +\$16 million project funded by the state.
- Opened newly renovated Fire Station 64 on Howell Branch Road.
- Celebrated the city's arts & cultural organizations by hosting its inaugural "Weekend of the Arts" event.

2019

- Completed Denning Drive Multi-Use Trail Project from Orange to Webster avenues.
- Celebrated the grand opening of Azalea Lane Playground.

- Planted nearly 200 native trees as part of the Mead Botanical Garden Wetland Restoration.
- Beautified and enhanced the habitat at Ward Park.
- Started new educational fund in memory of WPPD Lieutenant Stanford Locke.
- Approved \$2.8 million for improvements to Ward Park sports fields and Mead Botanical Garden.
- COVID-related assistance:
 - o Approved \$1.9 million for community support that included Feed the Need and utility assistance.
 - o Approved \$500K for business assistance in partnership with the Economic Recovery Task Force.
 - o Secured \$1.3 million in CARES ACT reimbursement funds for Winter Park community.

Owens Realty Capital kicked off construction to develop a 2,500-square foot Starbucks with a drive-thru on Lee Road near Interstate 4. The estimated completion date is in the third quarter of 2021. Great Southern Constructors is the project's general contractor. Jacobs & Associates Inc is the project's architect. Owens Realty Capital currently owns and operates the two existing structures at the location.

This area of Lee Road, east of Interstate 4, grows increasingly desirable to developers with more plans for shops, restaurants, hotels, office space, and medical centers along this small Winter Park corridor.

Pictured from L to R: Robert D. Owens, Art Linares, Alex Mestdagh, Steve Wall, Jared Ettinger, Palmer Vietor, Brian Kelly, Brett Hartung.



Orlando Mayor Buddy Dyer Appoints New Transportation Director For The City Of Orlando

Orlando Mayor Buddy Dyer has appointed Tanya J. Wilder as the Transportation Director for the City of Orlando.

"Having served as the city's Transportation Policy Advisor since 2016, Tanya's knowledge of transportation initiatives and expertise in working with local transit and government agencies will be instrumental toward achieving the city's goals of reimagining and reinventing our transportation network to ensure equitable access for all by expanding multimodal choices for residents, workers and visitors," said Mayor Dyer. "I look forward to working with Tanya in her new role with the city."

Born and raised in Orlando, Wilder started her career with the City of Orlando in 2013 as Business Development Division Manager, demonstrating her dedication to facilitating economic growth and business retention throughout the city's small business communities and Main Street Districts. In 2014, she shifted to Transportation Planning Division Manager, where she oversaw growth management planning, development review, impact fee administration and multimodal planning and coordination.

"Orlando's transportation network is the key to our economic growth and quality of life," said Wilder. "As the city prioritizes ways to connect our growing population, it's an exciting time to lead innovative projects in one of the most forward-thinking regions in the country."

This appointment went into effect February 22, 2021 after city council confirmation.



Tanya J. Wilder



From Page 1.

support, funding education, and providing 'first exposure' positive life experiences for children. Through nutrition, the Foundation teamed up with Blessings in a Backpack beginning in 2009 to provide weekend nutrition to children who would otherwise go hungry. Their support has grown over the years, ultimately providing more than 500,000 hungerfree weekends to more than 15,000 children over the course of 11 years. Seeing what a huge impact they have had on feeding food-insecure children in Orlando, they put more resources behind their ongoing efforts. A grant of \$1.15 million was made in 2019 to found an official chapter of Blessings in a Backpack in Orlando, to ensure sustainability and to reach their goal of feeding 16,000 children by 2030. Because of the increased need due to COVID-19 and the success the Orlando Chapter has had in reaching children, the Kate & Justin Rose Foundation has agreed to invest an additional \$1 million to feed 1,000 more Orlando-area children immediately, to create a matching gift pool for grassroots/volunteer-led programs, and to accelerate their goal of feeding 16,000 children.

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. Real women's stories are interwoven throughout a score of Top-40 hits including

"My Man," "Boogie Woogie Bugle Boy," "Diamonds Are a Girl's Best Friend," "Stand By Your Man," "I Will Survive," "Respect" & more!



501(c)(3) Non-Profit Charitable Organization

The Numismatic Financial Corporation

Rare U.S. Coins, Gold and Silver Bullion

407-740-0961

901 West State Road 434 - Winter Springs, FL 32708

Your locally owned coin store since 1990

Second Harvest Food Bank President And CEO To Retire

After nearly three decades of working to fight initiative enabled the food bank to expand hunger nationwide - 17 years of which has been in Central Florida - Dave Krepcho, president and CEO of Second Harvest Food Bank of Central Florida, announced that he will be retiring at the end of the year.

Throughout his career, Krepcho has advocated for innovative solutions to shorten the line on hunger. In 1992, he was named executive director of the Daily Bread Food Bank in Miami. From there he joined Feeding America in Chicago, developing national programs to procure more food for the organization's 205 member food banks across the U.S.

Krepcho took the helm at Second Harvest in Central Florida in 2004. Under his leadership, the food bank has distributed more than half a billion meals and formed partnerships with more than 550 community feeding partners, while also cultivating relationships with thousands of individual and corporate supporters like Disney, Universal, Publix, Darden and Lockheed Martin. During Krepcho's tenure, Second Harvest's cost to distribute one pound of food fell by 60%.

Krepcho was the driving force behind Second Harvest's \$16.5 million "Building Solutions to Hunger" capital campaign in 2011. This ambitious



Photo: Courtesy of David Jericko

operations to better serve its six-county region by increasing the amount of fresh produce, meat and dairy that could be stored prior to distribution.

"It's never easy to say goodbye to a leader like Dave," said Jeff Lutes, chairman of Second Harvest's board of directors. "During his time here, he has made incredible strides by 'feeding hope' to those who have reached out for help. 'Thank you' is simply not enough for his impassioned service. He will be deeply missed - not only by Second Harvest, but by the Central Florida community, as well."

Krepcho serves on several committees, including the UCF School of Public Administration Advisory Board for Nonprofit Management; the Florida Association of Food Banks; Feeding America's national Innovation Advisory Group; the Social Enterprise Fund; and Every Kid Outreach.

He is also a founding member of Good Food Central Florida, a local food policy



council. In 2010, Krepcho was named Central

Floridian of the Year by the Orlando Sentinel. A national search firm will be hired this month to identify candidates to replace Krepcho.



Dave Krepcho

The Winter Park Playhouse Presents A Neil Diamond Tribute

As part of its popular One-Night-Only Series, The Winter Park Playhouse will present Solitary Man: A Tribute to Neil Diamond featuring David Jericko and The Crew on Thursday, April 1, 2021 at 7:30 p.m.

This special 90-minute show will be held at Trinity Preparatory School's theatre (Winter Park, FL) to allow for ample socially distanced seating. Net proceeds will support The Winter Park Playhouse's year-round musical programming in-house and out in the community.

David Jericko is a well-known, nationally recognized entertainment artist with a strong following for his Neil Diamond and Elvis tribute shows. He has performed around the country including Las Vegas and Memphis and is in high demand.

Mr. Jericko will pay tribute to Neil Diamond and

his most well-known hits that span decades of the pop music scene. Patrons will be treated to a score of songs including "Solitary Man," "Cracklin' Rosie," "Brooklyn Roads," "Love on the Rocks," "September Morn," "Sweet Caroline" and many more! He will be accompanied by his live band, The Crew.

"We are looking forward to bringing David back for a night! Our patrons loved his fantastic show, so seats will fill up fast!" said Roy Alan, The Winter Park Playhouse Artistic Director.

The quarterly One-Night-Only events consistently sell out. Seats are limited so purchase quickly! Tickets are \$65 each and patrons must call the box office at 407-645-0145 for purchase and seat selection.

For more information call The Playhouse box office at 407-645-0145 or visit online at www. winterparkplayhouse.org.

Kiwanis Club Of Orlando Considers Grants To Help Kids

The Kiwanis Club of Orlando, one of Central said KCO President Jeff Cox. "Our Florida's most active, involved community service organizations, is celebrating 100 years of narrowing the field down." helping kids.

"Throughout its history, the Kiwanis Club of International, one of the world's largest Orlando (KCO) has supported children with its time, service organizations with more than talent, and treasure," said Florida Kiwanis Governor Mary-Lynn Desjarlais. "Its members serve on local boards, conduct community service projects, and raise funds for organizations that serve children. This club is the essence of Kiwanis." The club, which has contributed more than \$7.5 million to community organizations in addition to countless thousands of hours of volunteer time, will celebrate its century of service throughout its 100th year-which began October 1-with a wide variety of special events. The KCO 100-Year Anniversary Gala will culminate with a fund-raising gala, September 18, 2021, at a Central Florida golf club. At the highlight of the gala, KCO's Foundation will award grants totaling \$160,000. Four community organizations-from 19 nominated by KCO members-will receive grants. One organization will receive \$100,000 and three will receive \$20,000 each. "All the organizations nominated are outstanding, community groups worthy of the \$100,000 grant,"

Foundation has quite a job ahead of them

The club is a member of Kiwanis



551,000 members in more than 80 nations. During legacy of service, KCO and its Foundation have enjoyed partnerships with numerous organizations that serve children and youth. Its partnership with the Orlando Day Nursery-where KCO's weekly meetings are held-began in 1922 and emphasizes its primary mission of helping children.

For more information on the Kiwanis Club of Orlando and/or gala sponsorship information, contact Steve Kirby at (407)-756-6430. KiwanisOrlando.org.

Top photo: Kiwanis has always supported children's education. The Kiwanis Club of Orlando presents Awards of Achievement to elementary students for their outstanding academic progress.

Bottom photo: For over 50 years, the Kiwanis Club of Orlando sponsored the Key Club at Edgewater High School.



Test Your Colorectal Cancer Screening IQ

Simple screenings are the key to preventing diseases like colorectal cancer, the second leading cause of cancer deaths among Americans. A colorectal screening can not only detect the presence of cancer, it may even prevent it from forming. Because it can detect polyps – growths that your doctor will remove before they turn into cancer.

Preventive care is just as important - if not more so – during the pandemic. **Knowing** how to be proactive about your wellness can help you avoid disease and health complications.

Test your knowledge of the following three questions to make sure you understand some essential facts about this important preventive method.

MYTH OR FACT?

- 1. Only people at high risk (those with a family history of colorectal cancer, those who are overweight, and those who smoke) need to be screened.
- There's no one "right" way to be screened for colorectal cancer.
- 3. You may need to start testing before age 50 if you have inflammatory bowel disease (IBD).

CHECK YOUR ANSWERS

- 1. Myth. The American Cancer Society recommends all men and women with an average risk for colorectal cancer get a colonoscopy starting at age 45, while the U.S. Preventive Services Task Force advises getting your first colonoscopy at age 50.
- 2. Fact. Though many doctors consider colonoscopies to be the "gold standard" for

screening, talk to your doctor to see what options you may have. One potential option is an annual test to check for blood in the stool.

Others include:

- Every five years: a flexible sigmoidoscopy, in which the doctor places a lighted tube into the rectum to check the lower part of the colon
- Every five years: a virtual colonoscopy, in which X-rays and computers produce images of the entire colon
- Every 10 years: a colonoscopy, in which a doctor inserts a tube into the rectum to view the colon
- 3. Fact. Screening before age 50 also might be wise if you or a close relative has had polyps or cancer. Or, even if your risk is average, you may want to begin screening at age 45, as the American Cancer Society now recommends. Talk with your doctor about the screening schedule that works best for you.

DON'T HESITATE TO SEEK SAFE CARE

We understand you might still be waiting to schedule in-person appointments right now, but rest assured we're doing everything we can to protect you so you don't delay important care. Including:

Social Distancing

With limited visitation, waiting room protocols and more, you can safely practice social distancing in our facilities.

Advent Health

Temperature Checks

Have peace of mind that everyone you come in contact with has their temperature checked upon arrival.

Separate Waiting and Treatment Areas

COVID-19-positive and symptomatic patients are carefully quarantined away from patients and visitors.

Extra Sanitation Measures

Cleanliness has always been one of our top priorities, but now we're taking extraordinary new steps to ensure thorough, frequent and ongoing sanitation happens around the clock.

Universal Mask Use

We're stocked with safety supplies, have no shortages of personal protective equipment (PPE) and masks are required for all at our facilities.

YOUR COMPASSIONATE GI CARE TEAM

Our goal is to keep you from ever having to fight a cancer battle. But if you do, we're here for you with continuous compassion and expertise. Learn more about AdventHealth's gastrointestinal cancer care services at GetScreenedToday.com.

OUC's Clean Energy Efforts Recognized In New Report

OUC-The Reliable One has been recognized in the Sierra Club's new Clean Energy report card for OUC's commitment to reaching 100% Net Zero emissions by 2050, with interim goals in the decades between. OUC is the only utility in the Southeast included in the report to earn a "B" rating, ranking in the top eight of 79 utilities which were surveyed nationally. Only three of the 79 utilities received an "A."

"We must always balance sustainability with reliability, resiliency and affordability," said Clint Bullock, OUC's General Manager & CEO. "We are one of only a small number of utilities that have a plan to get to Net Zero, and this report confirms we are heading in the right direction. It also indicates the transportation sector has moved ahead of the electric generation industry in terms of carbon dioxide output, and we have a plan for addressing that, too." OUC has committed to investing \$45 million to expanding the infrastructure needed to support an additional 40,000 electric vehicles (EVs) on Central Florida roads by the end of the decade.

proved a 30-year clean energy roadmap through an Electric Integrated Resource Plan (EIRP). The EIRP calls for converting OUC's existing two coal generating units to natural gas within the next six years for immediate carbon dioxide reductions. The move accelerates the utility's clean energy plans years ahead of the planned useful life of the power plants using coal. Additionally, OUC stands committed to extensive investments in solar, energy storage and other renewables as technology improves and evolves.

"I would like to say a huge thank you on behalf of our organization for the hard work you did under some of the most challenging circumstances last year. It is not lost on us that Orlando has surged

in making the vision of 100% renewable energy a reality," said Sierra Club's Susannah Randolph at OUC's January Commission Meeting.

"We are in a very, very elite group at the top of this report and I think we should feel very good about that. We have a long way to go, there's more we can do," said Britta Gross, OUC Board president. "I thank the Sierra Club for this and I hope we can continue to work together to be partners as we move forward to address our challenges together."

From Page 1.

"Although some sectors of the economy are starting to bounce back, our seniors still need our help," said Karla Radka, President and CEO of Senior Resource Alliance (SRA), the organization overseeing EHEAP applications. "Our priority is to provide assistance to as many senior households as possible - and we are grateful to the state for expanding these eligibility requirements to accomplish that goal."

Through March 31, qualifying seniors are now eligible for up to \$3,500 of assistance with multiple energy bills while funds are available. EHEAP applications are being processed directly by three SRA partner agencies: Osceola Council on Aging in Osceola and Orange counties; Meals on Wheels, Etc., in Seminole County; and Brevard Alzheimer's Foundation in Brevard County.

In December 2020, OUC Commissioners ap- ahead to lead the state

Wind Beneath Our Wings

Audubon | Center for Birds of P

March 24-26th, 2021

meath Our Wings is the Center's annual fundraising event. This year's free, virtual event in a panel discussion, bird meet and areets, raptor happy hour, an online auction, and morel

Register for all events at WindBeneathOurWings.org

Additional qualifications for EHEAP include:

- Applicants must be age 60 or older and reside in a home located in one of the following counites: Orange, Seminole, Osceola or Brevard.
- Energy bill does not need to be in the elder's name, but the elder will need to provide proof of residence, such as a driver's license or other identification.
- Applicant must be experiencing a home energy crisis, such as disconnection, delinquency or past due bills.
- Applicants who meet the new eligibility requirements must provide proof of TANF, SSI or SNAP benefits, such as an award letter, in addition to documentation of total household income.

Those interested in applying should contact the Osceola Council on Aging at (407) 846-8532; Meals on Wheels, Etc., at (407) 333-8877; or Brevard Alzheimer's Foundation at (321) 253-4430. For more information about SRA and its services, please visit SeniorResourceAlliance.org.



Cybersecurity awareness by Ron Frechette, The Cyber Coach

Chief Security Officer As A Service In High Demand For SMBs

(SMBs) are being pressed by their larger clients to show proof that they have a formal, ongoing cybersecurity program in place in order to continue their business

Ron Frechette relationship. The request for this information typically comes in the form of a letter that has a security questionnaire attached. These questionnaires are quite lengthy and ask numerous detailed questions about the security posture of an organization.

The biggest challenge for many SMB owners is not having a qualified resource on staff who can answer the questions accurately and, more important, is able to build and manage a formal cybersecurity program. Hiring a full time cybersecurity professional is typically not an option for SMBs due to salary requirements and the global cybersecurity workforce shortage. There is, however, a highly cost effective program management solution that has emerged and is gaining considerable popularity throughout the SMB world called, Chief Security Officer as a ServiceSM (CSOaaSSM) or Virtual Chief Security Officer (vCSO) services.

CSOaaS[™] was created for SMB business owners who need an experienced security executive on staff but are not quite ready to bear the expense of a full-time employee. The CSOaaS[™] model provides SMBs access to an entire network of world-class CSOs for a fraction of the cost of a full time employee. This model has proven to be extremely valuable to SMBs.

Key Benefits Of CSOaaSSM

• Expand and Contract Model – The CSOaaS[™] solution is designed to scale up or down depending on the needs of an organization and can be set up on a project or subscription basis to help spread the cost over time.

- Cyber Security Thought Leadership A CSO who will enhance thought leadership, provide a third-party perspective to appropriately align cyber security strategies with corporate priorities, and enable the business to bring a higher degree of focus, execution, and continuity to cyber security program initiatives in a highly cost-effective manner.
- Enterprise Collaboration A CSO who collaborates with all stakeholders from the board level down to the technology, operations, and business management teams to develop the enterprise security vision, strategy, and operations needed to adequately protect information assets and create a cyber security conscious culture.

 Industry Specific Experience – A CSO who will have the proper credentials, skills, and experience that align with the industries an organization works within. This significantly reduces the learning curve related to the applications, architecture design, policy/procedure development, mobile security policies, and compliance frameworks (ex. PCI, HIPAA, SOC, ISO, GLBA) that are deployed throughout the organization.

A majority of small and medium size businesses • World-Class CSO Network - A CSO who has the power to leverage an entire network of Chief Security Officers who provide a wide variety of security, privacy, and compliance expertise to the clients they serve.

CSOaaSsm Services Offered

- Policy Development Develop IT and security policies to achieve compliance and increase the security of the organization through defined and repeatable processes.
- Compliance Readiness & Management Identify, plan, manage, and budget for the readiness and adherence to cybersecurity compliance programs, as applicable to the organization.
- Vendor Management Work with existing and prospective vendors to ensure they are compliant with security best practices and compliance objectives.
- Business Continuity & Incident Response Tabletops Prepare and perform business continuity and incident response tabletop exercises for the company to ensure a solid business continuity plan is in place and proper incident handling is covered should it become necessary.
- Budgeting Assist in budget preparation for overall cybersecurity staffing, training, compliance, implementation, etc.
- Technology Selection Assist in selection of security technologies, to include remote monitoring, SIEM, Endpoint Security, and more.

CSOaaSSM Maturity Model

It's understood that security is not something that can ever be fully implemented due to the threat landscape constantly changing. This is why we say it's a journey, not a destination. Having a CSOaaS[™] program management solution in place assures that an organization progresses through the security maturity model, building a more secure organization from the ground-up.

The Digital Age is transforming the way the entire world conducts business. The security auditors of large enterprise companies have determined their vulnerabilities lie primarily within the SMB vendors who have access to their networks and data. Adhering to third-party vendor compliance requirements will only increase over time.

It is paramount for small-midsize businesses to take action to maintain existing clients and remain competitive. The CSOaaS[™] program model is proving to be an effective solution for the SMB world.

Until next month, wishing you a safe and secure journey in cyberspace!

				Increased resources and awareness, clearly defined roles and responsibilities	improvement to security skills, process, technology
			Some roles and	Formal infosec committees, verification and measurement processes	Processes more comprehensively implemented, risk-based
		Infosec leadership established,	responsibilities established		
People	Activities unstaffed or	ctivities unstaffed or	Organization-wide processes		and quantitatively understood
	uncoordinated	Basic governance and risk management process,	and policies in place but minimal verification	Controls monitored,	Controls more comprehensively
Process	No formal security program in place	policis			
Technology	Despite security issues, no controls exist	Some controls in development with limited documentation	More controls documented and developed, but over- reliant on individual efforts	measured for compliance, but uneven levels of automation	implemented, automated and subject to continuous improvement
	Initial 1.0	Developing 2.0	Defined 3.0	Managed 4.0	Optimized 5.0

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



in the garden by Stephen and Kristin Pategas

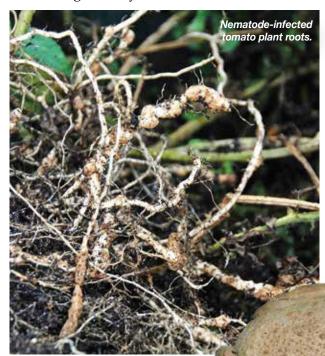
What's THAT In The Garden 3.0

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 – Solutions for Your Life at https://sfyl.ifas.ufl.edu/.

Stephen & Kristin Pategas

Nematode-infected tomato plant roots.

Many plants, including some vegetables are susceptible to harmful soil-borne nematodes. Some are microscopic worms that feed on the roots of plants. Some nematodes are beneficial and feed on bacteria, fungi, and other organisms. Their piercing mouthparts penetrate the root, and the resulting knots show the root damage which harms plant health. The infected tomato plant roots shown here caused the tomato to yellow, wilt, and decline. Solarization of vegetable beds over the summer raises soil temperature and can help decrease their numbers. For vegetables, use seeds and plants labeled nematode resistant. Soil tests to check for nematodes are available through the IFAS Orange County Extension Service.



The invasive Cuban tree frog lying in wait.

Florida is overripe with invasive creatures. This Cuban tree frog (*Osteopilus septentrionalis*) is known for gobbling up native frogs. Bad dude! Removal is strongly suggested to further its spread. One recommended humane method of disposal is to seal it in a plastic bag and place it in a freezer until it is deceased.



An uncharted septic tank can be a problem. What dangers lurk underground? How about an abandoned septic tank? Fortunately, there is not a large piece of equipment like a Bobcat stuck in it. If you know or suspect there is one on your property (abandoned or functioning), share that with contractors.

Damage to tree trunks create disease entry points.

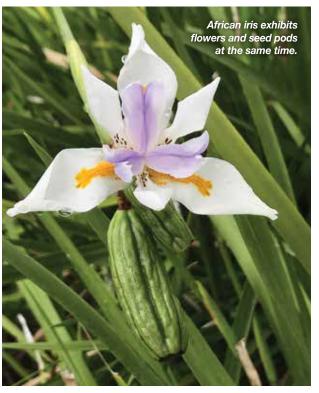
No, this is not a strange tree disease. The damage was caused by a lazy or

poorly trained person who improperly climbed the tree with tree spikes on



Proper maintenance would avoid this miscue.

The combination of a dwarf Asian jasmine underneath a low overhanging agave leaf along with an "asleep at the wheel" string trimmer operator led to this nightmare. The unsightly damaged leaf had to be trimmed back.



African iris exhibits flowers and seed pods at the same time.

The showy African iris (*Dietes vegeta*) blossoms last just one day, but new ones bloom on neighboring

stalks. The faded flowers drop off and develop into textured seed pods. Sometimes the emerging seeds sprout if the soil is exposed. Trim off the seed heads (deadhead) but not the stalk to encourage more flowers and eliminate sprouts from the seeds.



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.



Damaged tre





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

Sweet Spot...

Have you ever hit the sweet spot of a club or racket and been taken aback by just how far and how easily the ball sails? It's like this perfect conflu-

ence of events for just a cosmic second when your body, your effort, the physics of momentum, and the gravitational rotation of the Earth all line up.

And then you spend hours, days, years trying to recreate something that seems only to get further away the harder you chase.

Perhaps you're not Sporty Spice or you just haven't yet experienced the phenomena about which I speak - but it happens elsewhere too. In music, perhaps it's that note or chord that just sings...

In math and science, maybe it's the number or measurement that finally just falls into place somehow. In the beginning of a relationship, it could be the oxytocin flush of anticipation just before that first kiss.

I suppose the experience I'm trying to describe could show up in all sorts of different manners and environments, but one thing remains the same. There's just nothing like it and we spend an inordinate amount of time hoping to find it again.

Therapeutically, we call it Existential Flow. It's this synchronous moment in which it seems as though the planets align and you feel like you're at exactly the right place in exactly the right moment and everything you've known or done up until this point is the reason you are able to savor this fleeting second of more-than-alrightness where Meaning and Joy intersect.

I like to think of these moments as little guideposts along the way to remind and encourage us that we're on the right path. It usually takes a while

to find another one, but it's totally worth it when you do and it's gone just as quickly as it came. Don't get me wrong - I don't believe the goal here is to live in a constant state of

Sweet Spotnessed Existential Flow. I know better than that.

The whole we need to have dark to our light, pain to our joy, loss to our love etc... notion. But rather, I think the goal is to become better at creating lives in which these moments happen in small ways more often, and we become more attuned to noticing them when they happen, more grateful in savoring them, and more adept at holding onto their essence after they've gone while we navigate life between the last and the next.

So... all of that wordy and esoteric build up just to say, this: What if this is the moment?

Or this...

Or that one that just passed?

Wait, what?

I'm saying, we can usually pick out the moment of flow or the great shot or the lifelong memory AFTER it happens, or at least as it's already on its way out... hindsight being 20/20 and all that. But rarely are we waiting in anticipation of the moment or luxuriating in the fullness of the moment AS IT HAPPENS.

In classic Eckhart Tolle-ian "The Power of Now" philosophy... what if THIS is the moment? What if we're living in a series of these moments but we're not attuned enough to our own lives or our own gratitude to be eating them up (Pac-Man style) while they're happening?

What if that is what Oprah and Deepak and Brene and Wayne have all really just been saying? What if these are the memorable moments. What if



Enjoy the little things in life, for one day you'll look back and realize they were the big things. — Robert Brault

THIS IS IT in real time?

I have a tiny saying that sits in front of the salt cellar, by the stove, in my kitchen. I must've bought it when I was barely in my twenties and I hardly notice it, in a conscious way anymore, in the daily hustle and bustle. "Enjoy the little things in life, for one day you'll look back and realize they were the big things."- Robert Brault

I always bathe my youngest daughter and get her ready for bed, but the other night my husband sweetly insisted that I take a bath while he did it. I usually decline these sorts of kind offers as there are things to be done and, 'who has time for such decadence,' but this time I uncharacteristically said yes.

And wouldn't you know it... there one of those moments was - smacking me right in the face.

The warm water, twinkling lights, and Yo-Yo Ma playing, interspersed with raucous laughter from the other side of the wall as my husband and 2-year-old took turns calling each other 'stinky badonkadoinks' while laughing hysterically.

This was one of these moments IN REAL TIME. Sweet Spot.

Existential Flow.

Eckhart Tolle - there you go.

Find them, notice them, learn to stop and appreciate them... string them together like the twinkling string lights of your life that they are.

'til 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

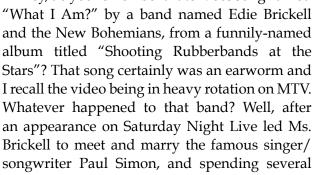
Pop Culture Detours Through The Land Of Nomads

An interesting and challenging movie is out now, named Nomadland. It stars Frances McDormand as a woman who, due to several circumstances, decides to become a nomad and chooses to live an itinerant life in a van she names Vanguard. The movie is a fictional account of her experiences with the challenges of what she refers to being "houseless, not homeless," but it is based on a non-fiction book about this phenomenon. It is a challenging movie to

watch, and thus recommend, because above all it was, to me, quite sad.

As you watch the movie, you can appreciate the importance of the story, the skill of the actors (some of them are actual nomads), and the wonderful vistas of life in the expansive American West. Frances McDormand is a two-time Oscar winner and who deserves to be seen in all manner of performances. She is quite amazing to watch. But I must admit to you that this is not necessarily an entertaining movie. It is a documentary couched in the trappings of a Hollywood production. Now, not all movies need to entertain. Some are simply important to experience. So, I advise that if you are looking for sheer entertainment, you might skip Nomadland or at least, be careful to be in the right state of mind before you choose to encounter it.

Hey, do you remember a late 1980s song named Brickell to meet and marry the famous singer/



and decided to make the record a team effort. The result is a jam band record for us oldies!

Some discoveries, at least for me, from listening regularly to the "Discover Weekly" playlist that Spotify kindly creates for me every week... First, Danny O'Keefe. Mr. O'Keefe had one hit in 1972 with "Good Time Charlie's Got the Blues." After listening to the song again, I visited the album from which it came and wouldn't you know, I found a song that I did not know he had written, and which is a favorite. It's entitled "The Road" and is one of the many standouts on Jackson Browne's masterpiece of an album, "Running on Empty." Well, Mr. O'Keefe is still out there making music in his late 70s and he is now on my listening list.Lastly, check out the band Lake Street Dive and also the solo work of their lead singer, Rachael Price. Oh, and her 2019 collaboration with a college friend, "Rachael and Vilray." Just don't search her name on You Tube because you will waste a good amount of time watching her performances on the NPR show "Live from Here."



years raising a family, it appears that the band is back. I mention this because their latest album "Hunter and the Dog Star" is quite good! It seems that Ms. Brickell was working on a new solo project and after inviting some of her old bandmates to play on it, they realized that the band still had the same collaborative spirit



Musician Danny O'Keefe.

schools



Glenridge Middle School PRINCIPAL CHRIS M. CAMACHO

I hope each of you are well and that you remain safe and sound. Over the past several weeks, more of our students have returned to face-to-face learning. I am pleased to have our students back and am proud of our teachers for continuing to ensure our students receive high-quality, standards-based instruction. Our teachers make this happen through weekly common planning, planning days, and professional development. I open this month's newsletter with this support for our teachers because here, at Glenridge Middle School, both our teachers and staff commit themselves to preparing our students for their future. That makes a huge impact on our students' lives when we focus on the bigger picture and future success of our students. I might add that 19 of Winter Park High School's valedictorians for the 2019 school year were former Glenridge MS students. This is large in part to the academic rigor and high standards of learning our students receive at our school.

A couple of weeks ago, I was able to experience, firsthand, the Glenridge community love. We had a family in desperate need due to an unforeseen situation. I am proud and truly grateful for our Glenridge family and community for raising over \$1,500 dollars in a matter of days to support our family in need. I smile because this generosity reminds of the bigger picture of giving, serving, and caring for others. In a world that can seem cloudy and confusing at times, it is times like these that can bring us back together.

The Geneva School

HEAD OF SCHOOL BRAD RYDEN We desire our students to grow in wisdom and

discernment, develop godly dispositions of love, compassion, and humility, and serve their fellow man. We are called to be the hands and feet of Christ in the world and to live and give sacrificially for the sake of others. Our annual day of service and philanthropy—SALT: Serving and Learning

Together – helps students practice doing just that.

Now in its ninth year, SALT has become a wellloved Geneva tradition. On Friday, February 5, Geneva students, teachers, school staff, and parents became a force of over 700 volunteers serving 14 organizations throughout Central Florida. This translated to over 3,000 service hours donated to the local community while Geneva students learned more about important issues such as homelessness, hunger, people with special needs, and more.

During the SALT Serveathon, each grade was assigned its own project where they spent their day doing things like sorting and stocking shelves at local food pantries, cleaning up local parks, planting gardens with autistic children, making seniors smile at retirement homes, packing over 10,000 meals for hungry children around the world, sharing joy to those in their homes from the driveway, and making teddy bears for emergency first-responders to take to children who have been in an accident. It's a day of hard work and heart change, blessing others, and being blessed.

We want students' hearts and intentions to be continually directed toward the needs of others and to experience the satisfaction that comes from working together for a greater good. SALT is also an important philanthropic effort and encourages a culture of giving. Instead of selling wrapping

paper or walking a 5K to raise money, students ask friends and family for donations to support their day of service. Donations generate critical funds for the school's tuition assistance program fulfilling another Geneva value: to make Christian classical education available to families who wouldn't otherwise be able to afford it. Our greatest hope is that SALT would cultivate a lifelong desire within our students to give and serve long after they graduate from The Geneva School.

Winter Park Presbyterian PreSchool

By this time in the school year we typically would have held several large events on campus combining family fun and fundraising. Our preschool family really misses these opportunities to gather together and socialize. The WPPP Parent Advisory Committee got creative and invented new ways to share good times, stay safe, and raise much-needed funds.

Scholastic Book Fairs are online only this year. The book fair that runs from March 1 through March 15 is a Dr. Seuss' birthday themed event. We will be reading Dr. Seuss books in class and wearing green for Green Eggs and Ham Day, sporting silly socks for Fox in Socks Day, and showing off our favorite animal outfit or shirt for If I Ran the Zoo Day. Book Fair purchases help us earn funds that can be used to purchase exciting new books and other classroom materials.

Our families have also supported us through their businesses. Kelly's Homemade Ice Cream has held drive-through events after school. Farris and Foster's Chocolate Factory is offering Easter chocolate packages for sale. The preschool receives a portion of the sales and we are very grateful for these delicious partnerships!

WPPP's amazing parents also volunteer on

campus during our semi-annual clean up days. Spring Clean Up is scheduled for Saturday, March 6. High school students who need volunteer hours can also participate.

Registration for children one year of age through VPK classes for the 2021/2022 school year and 2021 summer camp is now open. Information and forms are available on our website at winppc. org/preschool-registration.

Pressure washing the ship at Winter Park Presbyterian PreSchool.



protection and service by Jim Whitman, Winter Park Police Department

Did You Know?

As we welcome spring, we should take a few minutes to celebrate some of the lesser known "National Days" that occur throughout the month of March. When you think about it, what month offers such diversity for reasons to cel-

ebrate? There is everything from Manatee Appreciation Day (last Wednesday of March) to National March 23 is Triglycerides Day (March 28th). Of course, there are some days that, although it seems a little outlandish that we actually celebrate them as national days, we may want to give pause and ponder if they just might be worth considering how they might apply to us. Starting with March 1st, National Self Injury Awareness Day is a day that focuses on the education of a problem that is often misunderstood. Some of the latest statistics indicate that approximately 4% of Americans self-harm with the majority of those being college students. There are multiple reasons that people self-harm, including coping with fear, anxiety or stress. Some signs of selfharm include wearing clothing not appropriate for the weather to try to hide unexplained cuts

or bruises, avoiding relationships, and poor selfesteem to name a few. If you are or someone you know may be self-injuring, there are some helpful resources available at www.crisistextline.org or www.mindfullivingcounselingservices.com. and routine, someone else has probably noticed that as well. Criminals count on people falling into routine so therefore, change some things around. Take a different way to or from work, leave a different light on in your house when

> you leave, or alternate parking your car in and out of your garage. Mixing things up will not only get you out of a rut but may also make a potential crook pass on you or your home as a future target. Uv korse: yew probably no tht March 8th is National Proof Reading Day so double check your spelling and grammar and count the days to March 14th (National Pie Day 3/14). After that dessert, enjoy March 15th, National Napping Day and once the fog has cleared, take some time to celebrate March 21st,





March 2nd is recognized as National Old Stuff day. A day "to do things differently," take this opportunity to look at things differently. Examine your daily routine and see if you are becoming a creature of habit. Chances are, if you notice that your actions are "automatic" National Common Courtesy Day (we all know someone who should practice this). Then it is time to prepare for the best day of the month, March 23rd, National Puppy Day.

Time to revisit that National Napping Day again! Stay Safe and Be Nice to each other!

Colorectal cancer is more than 90% curable when diagnosed early



March on **Colon Cancer**



Get screened for colorectal cancer today.

If you're over the age of 45, doctors recommend you get screened for colorectal cancer. Our specialists offer you more ways to get screened. Whether it's a traditional colonoscopy, DNA stool test or FIT test, screenings can detect hidden cancers while they are still curable. So, talk to your doctor about which option is best for you, and join the march on colon cancer today.



Visit GetScreenedToday.com or call 855-611-0686 to schedule an appointment.

MAKE A PLAN TO **VOTE MARCH 9**

HAVE A SAY IN THE **FUTURE OF WINTER PARK**





POLLS ARE OPEN 7 AM - 7 PM

MARCH 9



Or point your smartphone camera at the QR code (left) and tap the link that appears to get more information

Find your polling place by visiting winterpark.org