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## Rollins College Shares First Look Of Fred Rogers' Sculpture

Rollins College celebrates the birthday of influential alumnus, Fred McFeely Rogers '51 (born March 20, 1928), by releasing "first look" photos of a new sculpture in his likeness which will be permanently installed on campus later this year. Titled "A Beautiful Day for a Neighbor," the sculpture was commissioned to honor Rogers' legacy and was designed by Paul Day, a British artist renowned for his public monuments.

"Fred Rogers remains a model for generations, personifying empathy, acceptance and kindness," said Rollins President Grant H. Cornwell, Ph.D. "At Rollins, his influence continues to be felt both in the spirit of service to others, as well as in physical reminders along the self-guided Mister Rogers Walking Tour. Paul Day's new sculpture will be the latest and most significant salute to our iconic graduate in his collegiate neighborhood."

In the first look photos, Day's clay 360° sculpture model depicts Rogers in his iconic sweater and sneakers, surrounded by children. Hand puppets from "Mister Rogers' Neighborhood" adorn the back of the statue, and lyrics from the series' theme song are commemorated in script along the base. The finished sculpture, cast in bronze, will stand over seven feet tall and weigh more than 3,000 pounds.

"After researching Fred Rogers' life and speaking with people about his legacy, it was important that this sculpture honor his enduring impact in the field of childhood development," said Mr. Day. "Sculpting a posthumous portrait of Fred surrounded by children, to whom he dedicated his



Paul Day, a British artist renowned for his public monuments, works on the Fred Rogers sculpture for Rollins College. Photo by Paul Day.

life, has been both challenging and inspiring. I hope that, once installed, this memorial sculpture will bring joy and inspiration to many people."

Day is creating "A Beautiful Day for a Neighbor"

in his country studio near Dijon in Burgundy, France. The sculpture will be completed this spring and publicly unveiled on the Rollins College campus in October 2021.



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# The Park Press™

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## Publisher's Message



Rick Cable

With this issue I'm thrilled to share that *The Park Press* is celebrating our 14th anniversary! As I stop to reflect, I find myself feeling blessed and honored by the role we play within our community. We have remained steadfast to focusing on "the positive news that matters" and we greatly appreciate your loyal readership and following.

Sure, I started this venture, but it has always been a team/family effort.

First, I cannot express how grateful we are to our advertisers! It all started with a cold call to John Psomas at State Farm in Baldwin Park. He was my first call to sell an ad in the April 2007 issue of *The Park Press*. He signed on and has been in every issue since! Several others such as Florida Hospital (now AdventHealth), Orlando Health, and David Holbrook with Waterstone Mortgage have been running for over thirteen and a half years. All of the advertisers within each issue are key members of *The Park Press* family, and I'm honored that we are an important part of their marketing strategy and a valued member of their team. I encourage you to consider doing

business with them and refer our advertisers' products and services to your neighbors, family, and friends whenever possible.

Second, I believe our team rivals some of the most talented individuals you would find in any publication. From our elected officials to featured writers, proofers, art director, and sales, I feel humbled by their passion and dedication that they have for our publication.

In closing, getting our Florida residents vaccinated against Covid-19 is a top priority. Valencia College - West Campus is a federal run site that currently can handle 500 1st time shots for those 50 years of age and older. No appointment is necessary, but is on a first come, first serve basis. The Florida Department of Health is running the site at the Orange County Convention Center. This is by appointment only, and appointments can be made by visiting orange.floridahealth.gov. This vaccination site is currently open to those 40 years of age and older. Look for age qualifications to include younger age groups in the upcoming weeks, as directed by our state and county leaders.

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

*Rick*  
Rick Cable  
Founder/Owner



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# City Commissioner’s Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

The Florida Legislative Session is underway, which means that Florida’s 40 senators and 120 representatives are debating state policy, amending existing laws and passing new ones, and putting together a state budget.

Part of my time this month is spent keeping up with what’s going on in Tallahassee and helping my constituents to understand how it affects the City. We’ve had a positive response to my updates from people who are energized from last year’s election season: new voters who want to be involved.

District 3 is supporting the agenda of the Florida League of Cities, which is conducting a campaign called “Building Stronger Cities” advocating for the local city governments to retain the power to make decisions about their city. Here three bills that are going through the Florida Senate and House that we should keep an eye out for.

**1. Home Based-Businesses (House Bill 403)** - This bill specifies the conditions under which a business is considered a home-based business. It also authorizes home-based businesses to operate in residential zones and prohibits the local government from handling licensure and regulation of the business.

How does this affect you? It means that your neighbor can move out and turn their home into a Bed and Breakfast. If that short-term rental property becomes a larger issue in the neighborhood- for example clogging up the parking or having constant loud music at night-- you would need to bring grievances to your state representative in Tallahassee. The

local government would only be able to do code enforcement for parking or noise regulation. The home-rental itself would be a state issue and no longer a city issue.

**2. Sales Tax Fairness (Senate Bill 50)** - This bill uses tax laws that apply to online/e-commerce sales from out-of-state retailers. Changes are needed to ensure in-state retailers are treated equitably and that the Florida sales and use tax law is equally enforced. Florida economists have estimated that the proposal to require out-of-state retailers to collect sales taxes could generate \$973.6 million in the upcoming 2021-2022 fiscal year and \$1.08 billion in each following year, according to the House and Senate.

How does this affect you? The issue of fairness is an important one. Local businesses, which sponsor youth sports teams or help sponsor local fireworks displays or other activities for communities, are forced to collect and submit sales taxes on items they sell in their communities. The cost of these goods then can be higher because the out-of-state or international seller is not collecting or remitting sales taxes. This gives these “foreign” businesses an unfair advantage. Local businesses ultimately become nothing more than local showrooms for goods ultimately bought online.

**3. Building Design Standards (SB 284)** - This bill would prevent local governments from adopting zoning and development regulations that require specific building design elements for single- and two-family homes, unless some very specific conditions are met. This includes exterior color, type, style of surfaces; roof structures; porches; exterior nonstructural architectural ornamentation. Also, location or architectural styling of windows or doors; and number, type, and layout of rooms. While this

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

bill might reduce construction costs for large-scale builders, the consequences for neighborhood integrity could result in decreased property values.

How does this affect you? Architectural character is an ingredient that binds our neighborhoods and communities. While our city doesn’t dictate all of these standards in all of our neighborhoods, some elements such as window size, building materials, and lighting are currently reviewed by a city to ensure that it is consistent with community character, promotes safety and security, and integrates with the public and private realm. Think about Baldwin Park. It has a certain look and feel to it...one that enhances the lifestyle of new urbanism. Or one of our historic districts, where the residents themselves voted to require certain standards and reviews for their properties. Many municipalities require design review teams to ensure that development is compatible with the architectural elements of the surrounding area. Such aspects only help maintain neighborhood integrity. And again, while some cities may have fewer or more standards, a one-sized-fits-all solution is not the answer.

What can you do about it? If you would like to help keep this power as local as possible you can visit <https://www.buildingstrongercities.com/residents/> or text the keywords Home Rule to 50457. When you receive a text confirmation, click the link and add your information.

You can also take immediate action by contacting members of the Senate Regulated Industry Committee and urge them to vote NO on SB 284 and allow local governing bodies to work with local developers, builders and homeowners to serve the best interest of our communities. Feel free to use the points in this email as discussion points.



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AdventHealth Orlando is ranked #41 in the nation by U.S. News & World Report for gynecology.





# Winter Park Library And Events Center

Significant progress is being made with the city’s new Winter Park Library & Events Center. Emerging above the construction site fence, passersby can see the pre-cast concrete exterior panels that have been installed on each building. The third structure facing Morse Boulevard, known as the porte-cochere, serves as a covered entrance to both facilities to welcome guests in their vehicles or on foot prior to entry.

Behind the buildings, with a beautiful view of the lake, is the formation of The Landing – an outdoor tiered amphitheater where weddings, events, and even reading or relaxation will soon take place. In addition, the Events Center Rooftop Terrace is taking form, offering skyline views of the Martin Luther King, Jr. Park and beyond.

### More spaces & improved places at the Winter Park Library new features

- A library commons for reading & socializing.
- An education & performance space for speakers’ series, live performances, films & story times.
- Three collaborative and flexible working rooms with the technologies needed for productive group work.
- A business center for entrepreneurs & creatives.
- Purposeful social spaces near age-appropriate book collections.
- A computer lab with the newest software & hands-on instruction.
- Eight two-person private study rooms.
- An automated collection system that will improve materials handling.
- An archive conservation area with a climate-controlled space for storing valued materials.

### Improved features

- An upgraded makerspace loaded with 3D printers
- A video & audio production studio including staff support.

- More borrowing items, including technology, fishing poles, binoculars, musical instruments, etc.
- Expanded history & archive areas including classroom space for learning.
- An improved Memory Lab space for research.
- A 30% larger story room, adjacent to a flex-size multi-purpose room, doubling class capacity.

The Events Center Reservations Office is now open so future brides, meeting and event planners, and the community can visit to start booking their special events at the facility. Reservations Office, City Hall West Wing, 401 S. Park Ave., Winter Park, FL 32789, Monday through Friday from 8 a.m. to 5 p.m., 407-599-3571, EventsCenter@cityofwinterpark.org

### Weddings, Corporate Functions, Milestone Celebrations & More @ the Events Center

#### Host your 2022 events at a choice of these gathering spaces:

- Grand Ballroom with park views [up to 300 guests]
- Rooftop Terrace with lake views [up to 150 guests]
- Outdoor Amphitheater & Lakeside Landing with tiered seating [up to 450 guests]
- Rooftop Meeting Room with essential technology [up to 50 guests]
- Belvedere at water’s edge [up to 200 guests]

Despite the pandemic, the city is on schedule to celebrate the grand opening of the Winter Park Library & Events Center at the end of the year. Please access [winterparkeventscenter.org](http://winterparkeventscenter.org) for the most updated information. #LiveLearnWP



Winter Park Library & Events Center rendering by Adjaye Associates.



## protection and service by Jim Whitman, Winter Park Police Department

### Wait...It's April Already?

By now, you have hopefully become accustomed to the time change and so have your pets. However, have you taken a minute to adjust your outside lighting timers and sprinkler systems? Remember, according to the St. Johns Water Management rules, you can now water twice a week (the days you may water are dependent on your even or odd street address), please consult their website at <https://www.sjrwmd.com/wateringrestrictions/>.

The time change is also a reminder that you should change the batteries in your smoke detectors. People often put this off until they are awoken by that annoying single “beep” that you randomly hear (it usually begins in the middle of the night) and spend hours trying to determine where it is coming from. Some people choose not to switch the batteries out because they think it is wasteful. If you weigh the cost of a set of batteries against the cost of an insurance deductible, finding a new place to live while yours is being rebuilt after a fire, not to mention the hassle, you might agree the cost of batteries

is a little more palatable.

Kids often equate April with the old dad joke, “If April Showers bring May flowers, what do May flowers bring?.....Pilgrims!!” Okay, now that you are done with your sigh, we as adults usually think of April as the month that Uncle Sam reaches out with that long arm (known as the Internal Revenue Service) to personally request that we donate to the function of our government. Of course, by now you may have heard that we have received a slight reprieve as the deadline to file your Federal taxes has been extended to May 17th to help people navigate any unusual circumstances that they may have incurred during the pandemic. Unfortunately, criminals have not extended that same courtesy and we have already heard of instances where crooks have either attempted or been successful in committing fraud.

Allow us to assist you in preventing you from becoming a victim in some of these fraudulent practices. First of all, the IRS will **never** put a warrant out for your arrest without contacting

you numerous times via the mail. Therefore, if you receive a phone call informing you of your pending arrest, please disregard the call and hang up. Secondly, the Internal Revenue Service will never ask for payment via an iTunes gift card, “vanilla” Visa card or Amazon gift card. Lastly, the IRS **will not** contact you over the phone and ask for your social security number, tax identification number, or personal information or bank account information to “verify” you so that you can receive your tax refund faster. If you initiate the call to the Internal Revenue Service, they may ask for one of those items but always make sure when you are looking up the phone number that the number is listed from a credible source! Don’t just trust Google, go the IRS website, [www.IRS.gov](http://www.IRS.gov) to find the phone number to call.

For those of you receiving a refund and are looking for a place to spend it, as you can tell, I am always looking for a new “Dad Jokes” book! Stay Safe! And “IF you see something.... Say something!”



# Florida Film Festival Flick Starring John Amos Is First Covid-Compliant Motion Picture To Be Shot In Florida

*Because of Charley* is one of 164 films representing 31 countries as part of the 30th Annual Film Festival taking place April 9-22, 2021 happening online and in Maitland and Winter Park. *Because of Charley*, starring veteran actor John Amos (*Good Times*, *Roots*, *Die Hard 2*), was the first COVID-compliant film to be shot in Florida during the pandemic.

Set in 2004, *Because of Charley* tells the story of an estranged, racially mixed blended family who reluctantly gather at a Central Florida home for an anniversary party, fully intending to keep the visit brief – but Hurricane Charley takes an unexpected turn that changes everything. As the storm strengthens and the relatives are forced to huddle together in a cramped hallway, their bitter resentments and differences – race, age, faith, gender, sexual orientation – come to a boil.

“This was a movie that needed to be made!” declared Amos, who joined the Florida-based cast and crew after reprising his role of Cleo McDowell in Eddie Murphy’s *Coming 2 America*. “The role of Grandpa spoke to me,” he continued. “I felt that the character fit me like an old shoe. And the complex interplay between the ensemble players was compelling.”

Principal photography was set for the month of September 2020 – the height of the pandemic and the peak of hurricane season. “It was a difficult decision to move forward, but worth taking the calculated risk,” said Executive Producer Lisa Enos Smith. “The cast and crew were thrilled to be working and participating in a film that is



Pictured above: Actor John Amos. At right: Jon Binkowski directs a scene from the film “Because of Charley.”



extremely relevant to what is happening in the world today.”

“We originally planned to produce an action comedy with beach scenes, car chases and stunt fighting,” explained Binkowski. “However, when we were faced with the ‘new normal,’ Lisa and I changed the direction of the film in a way that enabled us to shoot in a more controlled environment with a smaller cast on a faster timeline.” They shot their film in 21 days over four weeks in locations around Central Florida, including Celebration, Sherwood Forrest RV Resort (Kissimmee) and Oak Crest Mobile Park (Orlando).

Smith and Binkowski adopted the Screen Actors Guild-American Federation of Television and Radio Artists (SAG-AFTRA)’s strict COVID-19 Safety Guidelines, a detailed set of

science-based protocols enabling employers to provide a safe workplace. The plan encompassed a daily routine including always having a certified COVID Compliance Officer on the set; requiring that all cast and crew members sign in, complete an on-line COVID questionnaire, have their temperatures checked, and wear disposable masks; and many more procedures. All surfaces were cleaned at the end of each shoot day, and key crew and cast members were tested for COVID-19 every other day.

For more information about the 30th annual Florida Film Festival, please visit <https://www.floridafilmmfestival.com/films/>.

Learn more about the film on IMDb and at [www.becauseofcharley.com](http://www.becauseofcharley.com). Stay connected with *Because of Charley* on Facebook, Instagram and Twitter (@becausecharley).

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From Page 6

Classrooms by Clare walker Leslie

4. The Kids’ Outdoor Adventure Book: 448 Great Things to Do in Nature

5. Fun with Nature: Take Along Guide by Dendy, Leslie, Burns, Diane

5 Children Nature Books:

1. Butterfly Park by Elly Mackay

2. Why Do We Need Bees? By Usborne books

3. We Are the Gardeners by Joanna Gaines

4. Why Should I Recycle? By Jen Green

5. Compost Stew: An A to Z Recipe for the Earth

Tricia Wilson is the preschool director at Winter Park Presbyterian Preschool located at 400 S. Lakemont Ave in Winter Park.

## Park Maitland Schools Show Appreciation To Healthcare Heroes

Park Maitland students, parents, and staff stopped by AdventHealth Orlando to recognize the frontline doctors, nurses, and staff and show their love, kindness, and appreciation to COVID-19 healthcare workers for the sacrifices these caregivers make daily. The students brought handmade buttons, posters, and letters.

The day before the drop-off at the hospital, the students- prekindergartner through sixth grade- engaged in a “Spread the Love” mission created by members of the Peace and Justice In-


### Happy 103 Birthday Penny Bona

Pindell (Penny) Bona of Maitland celebrated her 103rd birthday with family and friends last month on March 22, 2021. She was born in Annapolis, MD, and is the daughter of the late Bessi and Burton Brashears. After graduating from Annapolis High School, she met her future husband, Rudolph (Rudy) Bona, on a blind date. They married on Thanksgiving Day in 1941. Penny became a deputy sheriff for Anne Arandel County, and then later became the county’s only female purchasing agent. Penny and Rudy have one daughter, Gayle Kinsloe of Winter Park.

Penny retired after 30 years, and they moved to Maitland. She’s been a volunteer pink lady, and an active member of the Maitland Garden Club and Civic Center. And she has always had a special love for rescued fur babies.

She says the key to longevity is that she always treats people with respect, and always tries to put herself in others’ shoes. She lives with her daughter, Gayle, and continues to dress to the nines from head to toe every day. Gayle says, “My mom is admired by all who know her, and she treats age as just a number.”

Happy belated birthday to the beautiful Ms. Penny Bona!



Courtesy photo of Penny Bona.

stitute and AdventHealth workers. The students watched a video about empathy. They learned the importance of masking up and social distancing. The sixth-grade students got to have a ZOOM call with AdventHealth front-line nurses about what it’s like to work on a COVID-19 unit, day in and day out. The students say they have a greater appreciation for the sacrifices be-

ing made by our caregivers, and wearing masks and practicing social distancing is the least they can do. The entire student body wrote letters, drew pictures, and painted banners.

The handmade creations remain up on the COVID unit at AdventHealth Orlando, boosting spirit and morale of those who are battling the virus.

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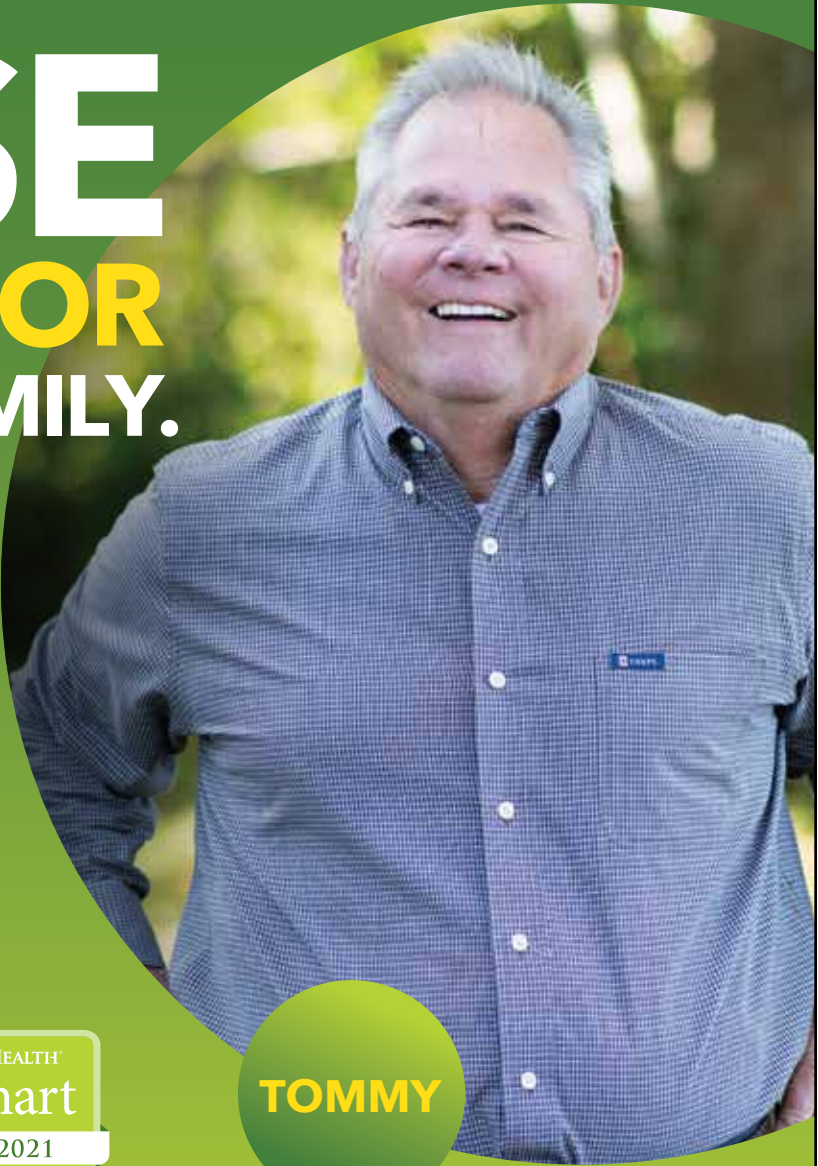
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# The Orlando Magic Team Up With Track Shack And AdventHealth For Inaugural 5K

The Orlando Magic are teaming up with Track Shack to host the Inaugural 5K and Kids’ Run presented by AdventHealth to benefit the Orlando Magic Youth Foundation (OMYF) on Saturday, April 10. Runners, walkers and Magic fans of all ages and abilities are welcome and can participate virtually from anywhere. Anyone interested in participating can trackshack.com to register. Registrants will receive a bib number, custom medal, and souvenir shirt.

As part of the virtual experience, Track Shack Events brings new race technology through its Track Shack Timing and Tracking app to provide the ultimate sports fan experience. REAL-TIME REMOTE RACING will use participants’ cell phone GPS to track their race. This technology will allow all participants to race with others while receiving real-time data and personal stats.

In addition, Track Shack is offering the opportunity to train for the race using the 5k training guide. The eight-week training will allow all participants to go at their own pace, setting them up for success. In addition, training tips and a weekly training schedule can be found on Track Shack’s social media platforms.

The event highlights include:

- Finisher medal
- Gender specific tank top for adults
- Real-Time Remote Racing through the Track Shack tracking and timing app
- T-shirt and medal for kids
- Orlando Magic Spotify playlist
- 8-week training guide
- Customized finisher certificate

With proceeds from the 5k benefiting the OMYF, Magic fans can stay active and be healthy while helping at-risk kids in Central Florida.

The Orlando Magic and the DeVos family are committed to making a difference in Central Florida. Each year, the Magic gives more than \$2 million to Central Florida by way of sponsorships of events, donated tickets, and autographed merchandise and grants, impacting an estimated 100,000 youth annually. At the heart of the Magic’s charitable efforts is the work done by the OMYF.



Track Shack

Advent Health

The OMYF is committed to helping children in Central Florida realize their full potential, especially those most at-risk, by supporting nonprofit organizations offering youth-based programs in the areas of education, housing/homelessness, the arts, and health programs focused on preventing childhood obesity.

# A Spring Celebration And Free Friday Appointments In April At The Morse

The Morse Museum invites all to celebrate spring this year with newly-installed exhibits and free appointments. A five-day spring celebration and free Fridays during the entire month of April provide many opportunities to view the collection at no charge. Public Museum and Museum Shop hours are currently 10 a.m. to 3 p.m., Tuesday through Saturday. The Morse remains closed on Sundays. Advance appointments are required to visit, and visitor safety guidelines are in place.

From Tuesday, March 30, through Saturday, April 3, appointments to visit the Morse will be free. From noon to 3 p.m. on Tuesday, March 30; Wednesday, March 31; and Thursday, April 1 during this spring celebration, live music in the galleries will enhance and uplift the visitor experience. Appointment times are available from 10 a.m. to 3 p.m. on all five days, and space is limited. These special appointments may be reserved at no charge under the “Spring at the Morse” ticket category on <https://admissions.morsemuseum.org/mainstore>.

For the remaining Fridays in April (April 9 through 30), appointments to visit will be free. Appointments must be made in advance and are available, space permitting, from 10 a.m. to 3 p.m. on Fridays. Online, appointments for free Fridays during the month of April may be found under the “Spring at the Morse” ticket category.

Please note that on-site lectures, art demonstrations, museum tours, and other in-person programs as well as social events are canceled or postponed until further notice.



Above: *The Blossoms of Spring*, c. 1887-98, by Louis Comfort Tiffany.



THE CHARLES HOSMER  
MORSE MUSEUM  
*of American Art*


The Morse Museum houses the world’s most comprehensive collection of works by Louis Comfort Tiffany (1848-1933). These works include the chapel interior he designed for the 1893 World’s Columbian Exposition in Chicago as well as surviving art and architectural elements from Laurelton Hall, his grand Long Island estate.

Opened Tuesday, March 2, the exhibit Watercolors from Louis Comfort Tiffany’s “Little Arcadia” features watercolor studies by Alice Carmen Gouvy (1863-1924) and Lillian A. Palmié (1873-1944), Tiffany

designers who were selected to work in an idyllic workshop, often somewhat enviously referred to as “little Arcadia.” The spring vignette Chinese Blue and White Porcelain exhibits precious and still avidly collected 18th- and 19th-century Chinese porcelain drawn from the recent donation to the Morse Museum by the Abberger family of life-long Orlando residents Dr. Benjamin L. Abberger Jr. and Nancy Hardy Abberger’s collection.

The Morse Museum is open 10 a.m. to 3 p.m., Tuesday through Saturday. All visits are by appointment only. Appointments may be made online by visiting the Museum’s “Plan Your Visit” page or by calling (407) 644-1429. Regular admission is \$6 for adults, \$5 for seniors, \$1 for students, and free for children under 12. More information may be found on the Museum’s website, [morsemuseum.org](http://morsemuseum.org).





Ron Frechette

# cybersecurity awareness

by Ron Frechette, The Cyber Coach

## Spoofing And Phishing Attacks On The Rise

Over the past 24 months, especially with everyone being confined to their homes for the majority of 2020, spoofing and phishing attacks have become the most common attack vectors used by cybercriminals. So, we want to provide a Spoofing & Phishing Refresher for our readers and provide some ways you can avoid becoming a victim of these malicious and potentially life-altering acts.

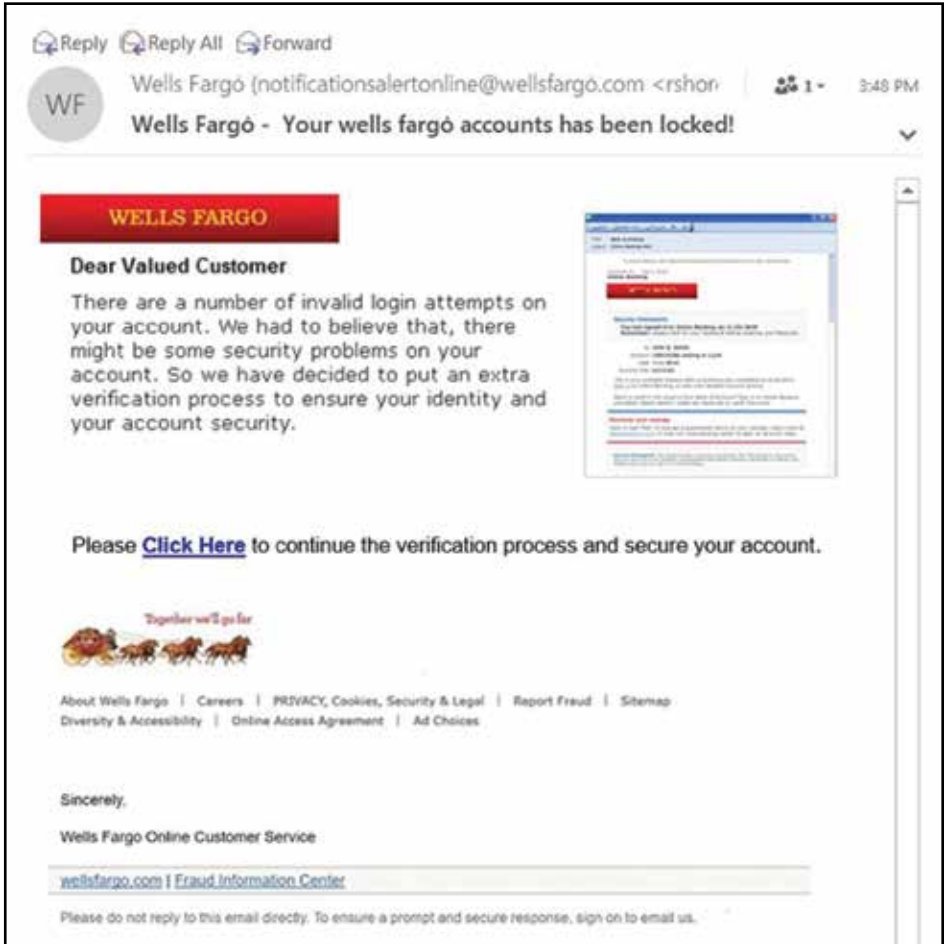
**How Spoofing and Phishing Work Together**

Spoofing is a technique deployed by cyber criminals to modify a domain name, phone number, email address, or IP address, and use it for unlawful purposes. Email is by far the most widely used form of spoofing. The objective of spoofing emails is to trick a user into thinking the email they are receiving is from a legitimate source and coerce them into taking some form of action.

When a victim is tricked into believing the email they are receiving is legitimate (successfully spoofed), they will be directed to click on a link or open an attachment. Once they click the link or carry out the request, they can become infected with malware, ransomware, or have their credentials hijacked. This is the act of phishing.

**Real Life Spoofing and Phishing**

I received this email from Wells Fargo. The email address displayed is Wells Fargo (notificationsalertononline@wellsfargo.com). If you look closely at the word Wells Fargo in the email, there is a small dot positioned over the “o”. At a glance, the untrained eye may see this as a legitimate email. This is an

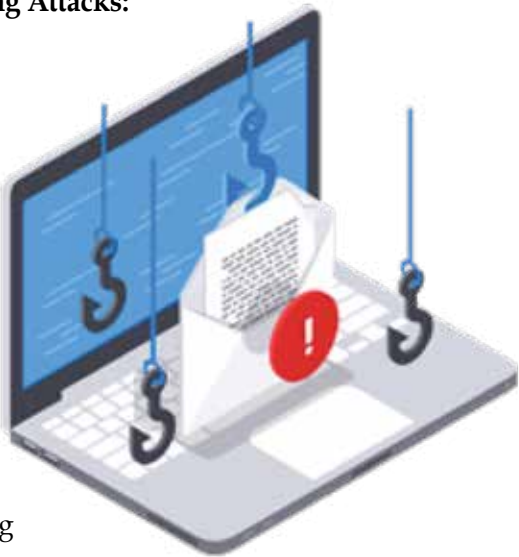


obvious attempt to spoof me into clicking the “Click Here” link. Clicking that link would most likely take me to a site that would ask for my username and password or I could be infected at that moment with malware or ransomware. This is a classic form of a successful phishing attack.

Another best practice when viewing emails is to hover your mouse over the URL. This will reveal the actual URL where the email was generated.

**Facts about Spoofing and Phishing Attacks:**

- Spoofing and phishing attempts have grown 65% in the last year
- 76% of businesses reported being a victim of a phishing attack in the last year
- 30% of spoofing messages get opened by targeted users and 12% of those users click on the malicious attachment or link
- 95% of all attacks on enterprise networks are the result of successful spear phishing
- 1.5 million new phishing sites are created each month



**How to Combat the Spoofing and Phishing Epidemic**

The most effective way to reduce the threat of becoming a victim is by implementing a phishing simulation tool and security awareness training. A phishing simulation tool sends test phishing emails to see how vulnerable you are to attacks. They are designed to keep us alert and simulates different environments in which an attack could happen. Over time, organizations have seen up to a 90% decrease in successful spoofing and phishing attacks.

There are several companies in the market that offer these types of services. They are very cost-effective and offered as a subscription-based service. There are also open source phishing tools that can be administered for free. Gartner Peer Insights is a great source for reviewing Phishing Simulation and Training programs. We listed the URL in the Sources below.

The cybercriminal landscape is only increasing as we get further into the Digital Age. The key is to look for a program that can assess, educate, measure, and reinforce good cyber hygiene. Until next month, wishing you a blessed Easter season and safe travels in cyberspace!

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

**Sources:**

<https://www.gartner.com/reviews/market/security-awareness-computer-based-training/vendor/symantec-blue-coat/product/phishing-simulation-training>

<http://www.phishing.org/what-is-phishing>

<https://en.wikipedia.org/wiki/Phishing>

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



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Stephen & Kristin Pategas

in the garden by Stephen and Kristin Pategas

Tempting Textures

We are texture freaks. We love plant foliage that pushes the visual envelope. Make it bold, fine, sculptural, lacy, or spiky. It's a magnet for our eyes. We don't need every plant in bloom if the vegetation is striking and sexy. While flowers seasonally come and go, the leaves are consistent through the year. When it comes to texture, the scale and context of all plants in the scene are totally relevant. Pay attention to the sizes of the leaves whether fine, medium, or coarse as well as their surface textures. The surfaces may be smooth, rough, hairy, waxy, or creased/quilted.

Create a textural garden by combining palms, trees, shrubs, groundcovers, vines, perennials, succulents, and annuals that have contrasting foliage that draws the eye. A landscape of similar textures can be mundane. It is the textural nuances in the leaf shapes and sizes along with

their surfaces that create interest.

In a tropical-looking garden, palms are a good choice to add the tropical touch. Here it is the fronds of varying textures from the bold sabal, Everglades/paurotis, saw palmetto, or European fan palms to the lacy lady, foxtail, queen, or date palms that create the interest. Mix in sub-tropical shrubs and groundcovers with bold leaves such as elephant ears (*Colocasia*), banana, canna, cardboard plant, silver leafed princess flower (*Tibouchina heteromalla*), orange bird of paradise, and orange justicia (*Justicia spicigera*). Fine-textured plants include bamboos in various sizes, liriopes, foxtail fern, and ornamental grasses. Pow! Time to survey the scene with a cold beverage in a hammock.

Shady areas have many options with bold textured giant leopard plant, split-leaf philodendron, swiss cheese plant, cast iron plant, oakleaf hydrangea, and Japanese fatsia contrasting with fine-textured camellias, yew podocarpus, Soft Caress ma-

honia, mondo grass, dwarf mondo grass, coontie, autumn fern, and holly fern.

Water garden plantings can range from the large-leaved lotus, pickerel weed, and water lilies juxtaposed with the sculptural spiral juncus, lacy papyrus, and spiky horsetail. On overcast days catch the extra drama when leaves cast dark reflections in the water.

Even an herb garden where the largest leaves are only one to two inches wide benefits from a variety of leaf sizes to stimulate the eye. Select a range of herbs that include sweet basil or sage, and pair it with rosemary, the very small-leaved thyme, or the teeny tiny leaved Corsican mint. Toss in the feathery dill or fennel and the garden is texturally well seasoned.

Look past the blooms and focus on the foliage texture to create a garden for all seasons. Your eyes will be glad you did, especially when plants are out of bloom.



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



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live meaningfullyby Ayesha G. Shenk, M.A.



Ayesha G. Shenk

## Into The Great Wide Open...

April is derived from the Latin word “aperit,” which means “to open.” April brings with it the dawn of spring and the hope of new beginnings...

What a most welcome thought, especially this year.

As the weather continues to warm and the world begins to embrace a new normal, vaccinations seem more readily available and the promise of a new day and a re-opening appears imminent.

April and this spring feel perhaps more alluring than they ever have before.

No matter what your belief or political proclivity, I think we can all agree that it’s been a difficult year... with far too much loss.

So what will this ‘brand new day’ look like? Will we bring with us the hard fought lessons learned? Will we throw caution to the wind after too long in hibernation? Will we remember the good, or stew on the bad? Will we greet one another (both literally and figuratively) in a way that indicates just how much we’ve missed being together, or

will it be every man for himself as a result of living in such an insular manner?  
As time plays out and memories fade, what will the most salient truths we’ve learned end up being?  
I really don’t know the answer to this one...



April and this spring feel perhaps more alluring than they ever have before.



I hope so much that we will take with us what we’ve learned about slowing down, about honoring health above all things, about thinking of and appreciating those who do the most for us, about making family central, about taking care of our elderly, about finding time to really see,

know and *play with* our children.  
I hope also that we’ll leave behind the fear, the loss, the trying to balance it all at all costs, the animosity towards those who are different, the political anxieties and divisions, the hurt, and the loneliness.

The last year has given us a lot of time for reflection and constriction... Perhaps this coming year can give us time for clarity and expansion.

May our hearts open, may our doors open, may this spring be the opening to a whole new experience of life, relationships, balance, and grace.

*And now good morrow to  
our waking soules,  
Which watch not one another  
out of feare;  
For love, all love of other  
sights controules,  
And makes one little roome,  
an every where.  
Let sea-discoverers to new  
worlds have gone,*

*Let Maps to other, worlds on worlds have  
showne;  
Let us possesse one world, each hath one, and  
is one.  
- John Donne*

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

pop culture detoursby George McGowan

## An Etymology Of A Song: Seven Bridges Road

This month my notes for this column read: Ian Matthews, Valley Hi. The note refers to a singer and his album from 1973. How I got to jotting down this note, I cannot recall. But it has led me to write on what I will call the “etymology” of the song “Seven Bridges Road.”

The most well-known version of this song was recorded by the Eagles on a live album, and they often sang the song as an acapella “warm-up” at the beginning of their concerts. It has been recorded by several others, and one of my favorite versions is done by Dolly Parton on her wonderful bluegrass album, “Little Sparrow” from 2001. In addition, a version of the song is also on Ian Matthews’ “Valley Hi” album. Over the past month, I have listened to and enjoyed this album many times. I had never heard of Ian Matthews before but in my brief research, I learned that he began his singing career as an original member of British folk-rock group, Fairport Convention. This connected immediately with me since I am a fan of their awesome guitar player, and now solo artist, Richard Thompson.

The vocals and arrangement of the song as sung by Ian Matthews is exactly how the Eagles perform it, with a five-part vocal harmony. Little did I know that the arrangement was created by

the producer on the “Valley Hi album,” Mike Nesmith, who went on to become most famous as one of the Monkees! He’s the one who always wore the knit cap! Mr. Nesmith has had a varied and wonderful career of his own and can claim to be the first musician to both create a music video and a develop a music video program, both prior to MTV’s creation in the 1980s.



Ian Matthews

But, back to “Seven Bridges Road.” Who wrote it? A man named Steve Young who included it on a 1969 album with a great name- “Rock Salt & Nails.” So, who was Steve Young? And is there an actual Seven Bridges Road?  
Steve Young was among the first musicians to be categorized as an

“outlaw country” artist. He recorded his brand of country music outside the traditional route making his way from Alabama to Texas and then onto California where he met some fellows who shared his love for music. Young recorded his debut album work with an impressive group of musicians from the California country rock scene, including James Burton, Gram Parsons, and Gene Clark. Young’s career was a mixed bag, and he never had a hit record of his own until the Eagle’s version of his song reached the pop charts in 1980.

And the Seven Bridges Road actually exists! Per Wikipedia: “Seven Bridges Road” is an ode to Woodley Road, a rural two-lane road which runs south off East Fairview Avenue at Cloverdale Road in Montgomery, Alabama. Steve Young was quoted in the *Gadsden Times* as saying: “I don’t know [exactly] what [the] song means, ... I [just] wrote...a song about a girl and a road in south Alabama.” And that, my friends, is the etymology of this wonderful song.



Rock band, the Eagles.



## Glenridge Middle School

PRINCIPAL CHRIS M. CAMACHO

I hope each of you are doing well and your families are safe and sound. As we continue through the school year, I want to thank each of you for your continued support of our school and students. Since the last issue, our incredible PTSA has agreed to sponsor a project highlighting our Performing/Fine Arts programs and their achievements over the past several years. We have so many wonderful achievements taking place here at Glenridge Middle School and I want to thank our PTSA for supporting this initiative.

I, along with Mr. Kempinger, our assistant principal of instruction and Mr. Astone, our IB coordinator, were able to meet with future parents and students about the transition to middle school. This was a wonderful opportunity for us to share the incredible programs we offer as well as provide insight to parents on the transition. It is unlike any other. With that being said, there are two professional reads that I recommend for every parent: *Secrets of the Teenage Brain* by Cheryl Feinstein and *The Teenage Brain* by Dr. Frances E. Jensen. Both provide parents with insight on brain development, the social aspects of adolescence, and how we, as parents, can learn more about how to raise our children as they grow in adolescence.

I'd also like to share recent Debate Team achievements. Recently, our team competed in I am proud to announce the following student awards received: Tiana Tringas placed as Best Middle School Lincoln Douglas Debate, Luke Medina placed as Best Middle School Congressional Debate Chamber C, and Andria Antony placed Second Overall and Best Middle School Congressional Debate Chamber A. There were 35 schools and over 200 competitors and all of our students scored in the top ten in their events, including Hayden Traynor, Maggie McMillen, and Nico Booher. I am so proud of our students and their accomplishments. I would also like to thank our debate coaches Ms. Niki Tringas, Ms. Wedge-McMillen, and Mr. Walls for their hard work and dedication in preparing our students for these competitions. They really bring out the best in our students.

## The Geneva School

HEAD OF SCHOOL BRAD RYDEN

For years, I have shared with parents SAT scores from my schools along with comparisons to scores from public schools, independent schools, religious schools, and schools in the Association of Classical and Christian Schools (ACCS), in which Geneva is a charter member. ACCS and the College Board provide the data, and it shows that students from ACCS schools (including Geneva) are consistently the highest-scoring group in the comparison. Such

strong results tempt Christian classical leaders to characterize their schools as really successful college prep programs. However, Christian classical education is about so much more than college prep.

In 2018, ACCS commissioned a study through the University of Notre Dame designed to answer the question, "To what extent have the goals of classical Christian education been realized?" It incorporated data from an extensive study on education in America called the Cardus Education Survey and sought to compare alums from Christian classical schools with other education options. The report of the study is titled "Good Soil: A Comparative Study of ACCS Alumni Life Outcomes."

In the report's introduction, ACCS President David Goodwin gives the following reasons why Christian classical schools produce students who are so different:

"They are designed to influence children through ethos, or their whole-school culture. The combination of a wide and deep reading in the classics and student engagement around Socratic discussion tables tells part of the story. So does a focus on respect, manners, and a serious academic pursuit. Logic trains students to think well; rhetoric integrates all knowledge and challenges students to think at an advanced level; Latin to understand more precisely. Arguably, the greatest distinctive is integration—the intentional way that the subjects and Christian truth are interwoven. Every class and every school activity has one purpose: to see God's world rightly and to glorify him. These communities are tight-knit, serious but joyful, and eminently curious."

I can't promise that every student who graduates from Geneva will experience these results. Exceptions exist, even in Christian classical schools. What I can promise, though, is that we will provide the ethos, the content, and the integration that prepares the way for such outcomes.

## Winter Park Presbyterian PreSchool

Social skills give young children a wide range of benefits that last a lifetime. They are linked to greater success in school and the workplace, and better relationships with peers. The good news is that social skills can be taught very early in the preschool setting and at home.

We work with our youngest students on age appropriate sharing, cooperating, listening, following directions, showing empathy, and using good manners. Team-building happens in the block area. Children master listening skills and taking turns speaking (holding a conversation) during circle time. When young children are encouraged to check on the friend who has hurt feelings and comfort them, they acquire empathy skills. Older children walking in a line learn to respect others' physical space and cooperate. Saying please and thank you, and using good table manners during lunch time, can go a long way toward helping a child get what they need and earn respect. Kids who struggle to follow directions are likely to experience consequences in school and later in life. We start with simple one-step directions for class projects and class jobs and build as the child is able to handle more complex directions.

Acquisition of social and emotional skills is part of one's life journey. Young children in our preschool are able to practice and build on these important skills in a real world setting during each school day.



## Winter Park High School

PRINCIPAL MATTHEW ARNOLD

WPHS students Tammy Premchan and Katie Smith won second place for "Assembly Required: The Building Blocks of Our Future." In addition to a \$1,500 prize, their work will air April 16 on C-SPAN. More kudos as Soleil Lopez received a third-place prize of \$750 for "Systemic Racism: The Elephant in the Room" and Maggie Jones earned a \$250 Honorable Mention for "Misinformation in the Time of a Pandemic."

In sports and activities, our Competitive Cheerleaders have taken the Class 2A State Championship ...again! This is the 20th time our cheer athletes took home the top prize. The Dance Team recently took the victory at the MA Dance Florida Dance Championship. They will go on to compete at Nationals in April. In a record-setting year for our wrestling team, they finished in a tie for 15th in the state in Class 3A, with three athletes qualifying for the state tournament. In addition, and for the first time for WPHS since 1992, Joe Gonzalez won the class 3A, 145lb weight class state championship! Joe completes his season with a 19-0 record while outscoring his opponents for the entire year 148-11.



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Pictured at top: Winter Park High School students and athletes. Below, StudentCam winners Tammy Premchan and Katie Smith won second place for "Assembly Required: The Building Blocks of Our Future."