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Foster Families Are Stepping-Stones To Stronger Futures

Have you ever thought about fostering? If so, you're not alone: according to a 2017 survey, approximately 28% of adults have considered becoming a foster parent.

But while plenty of people wonder if fostering is for them, far fewer take the steps to get involved. Of Florida's approximately 7.9 million households, only 7,600 (or about 0.1%) are licensed foster homes. It's easy to tell yourself that you're not ready, that it's not something you can fit into your life, or that some other family is better for the job.

The reality? There's no such thing as the "perfect time" or the "perfect family" for fostering only families who are willing to give it a try.

That was Rebecca Farmer's experience. Rebecca was a teacher when she found out that one of her students (we'll call her "Leah") was in the middle of a serious crisis.

Before enrolling in school, Leah and her younger sister, "Mariah," had been abandoned by their birth mother who could no longer care for them. After intervention from the Department of Children and Families, the children were placed with a relative. But one day that relative came to school asking Rebecca for help. Could she take care of Leah, the older girl? Did she know anyone else who could?

Right away, Rebecca knew she couldn't stand by and watch the sisters be separated. She and her husband, J.J., got in touch with Embrace Families, Central Florida's lead nonprofit agency overseeing foster care, and volunteered to take both Leah and Mariah.

a short-term foster placement, it soon became clear that the girls would be staying for a while. After their birth mother's recovery plan fell through, the Farmers adopted the sisters

But that's not the end of the story: Leah and Mariah had an older brother, "Joshua," who was living with his grandfather. Their relationship was rocky - and after Joshua acted out "one time too many," his grandfather said enough was

enough. He told Joshua to find his own way and moved to Tennessee, leaving the teenager alone in Orlando with nowhere to go.

When the Farmers heard Joshua's story, they knew their job wasn't done yet. Once again, they contacted Embrace Families and offered to take

It was a rough transition at first. But just over a year after moving in with his new family, Joshua's doing much better. He's bringing up his grades, settling in with his sisters, and changing his outlook. Most of all, he knows his new home isn't like the one that left him behind - and he's willing to give trust a second chance.

Not everyone who fosters ends up adopting like Rebecca and J.J. - in fact, most don't. More Although the Farmers originally planned on often, we're called to be a stepping-stone for chil-



Photo from Embracefamilies.org

dren. We give them a secure space to grow and heal before they're reunified with their parents or placed with a caring adoptive family.

My husband and I, for example, provide "respite" or emergency care for teenage boys. Most of the time, the children we foster stay in our home for less than a week. In the last year, we haven't had any long-term placements ... but when a child is going through a crisis and needs a safe home for the night, we're the ones who get the call.

Whether you're looking to foster, adopt, mentor, or volunteer, there's no wrong way to get involved. As long as you're willing to take that first step, you're already making a difference so choose a path that's right for your family's needs, experiences and goals.

Continued on page 5.

OUR PATIENTS SAY "I have my confidence back!" 407.960.1000

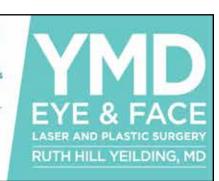
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Publisher's Message



Rick Cable

With all that we have going on in our lives, we are also entering the second month of the 2021 Hurricane Season which runs through November 30, so now is the perfect time to prepare.

The National Oceanic and Atmospheric Administration (NOAA) is

forecasting a likely range of 13 to 20 named storms (winds of 39 mph or higher), of which six to 10 could become hurricanes (winds of 74 mph or higher), including three to five major hurricanes (category 3, 4 or 5, with winds of 111 mph or higher). NOAA provides these ranges with a 70% confidence.

So, it is predicted not to be as active a season as last year, but as Floridians, we know predictions can be all over the place, and we don't want to be caught unprepared or waiting in long lines at the last minute if a storm is heading our way.

If you have a generator, now is the time to test it and make sure it runs. Even the one that are still new in the box. Check the oil, and stock up on some fresh gas to have on hand. If you don't have to use it, you can always use it to top off the gas in your car when the season is over. Be sure to only used approved gasoline storage containers. Check the expiration dates on your battery supply, and stock extra propane for the grill; and some instant coffee isn't a bad idea either.



A basic disaster kit should include:

- A gallon of water per person per day for at least three days
- A three-day supply of non-perishable food
- A battery-powered or hand-crank radio
- A flashlight with extra batteries
- A first aid kit
- A whistle to get help
- Moist towelettes, garbage cans and plastic ties for sanitation
- A wrench or pliers for turning off busted pipes
- Maps
- A can opener for food
- Cellphone chargers

A great resource to help you prepare can be found by visiting www.ready.gov/make-a-plan.

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

Rick Cable Founder/Owner

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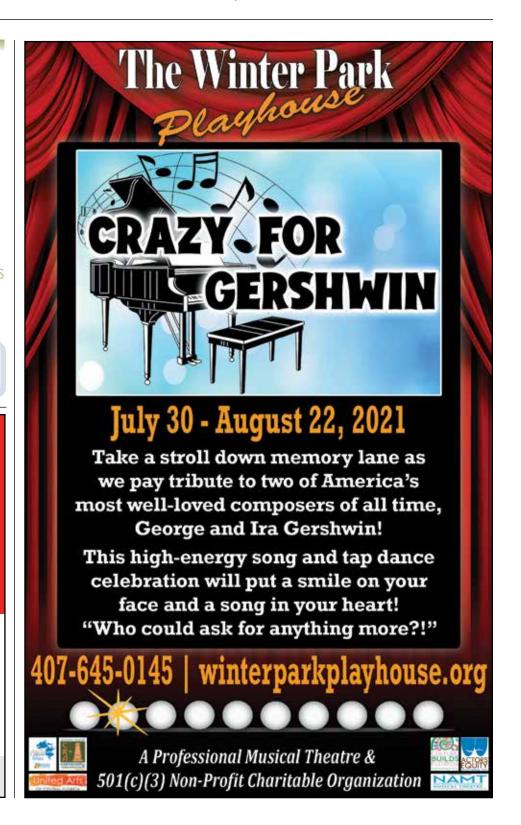
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City Commissioner's Message Commissioner Robert F. Stuart, City of Orlando District 3



Park's 20th anniversary on June 5. On that day, in front of the shores of Lake Baldwin, I read a proclamation on behalf of myself and Mayor Buddy Dyer naming it "Baldwin Park Day" in the City. It was a beautiful day for this ceremony.

Baldwin Park is the City of Orlando's first development built on the principles of New Urbanism- a type of planning and development approach that focuses on livability. The development has won a growing list of awards for its design. Its increased walkability and tight-knit neighborhood have allowed it to surpass numerous milestones.

Baldwin Park was a Naval Training Center (NTC) until the 90s. The NTC Orlando served as a training site for more than 650,000 Navy recruits. The base closed in 1993, and the City of Orlando initiated the development of a Base Reuse Plan to help transition the area into a property that supports the local goals for economic development. The plan took 11 months to make and it included input from the surrounding community, Central Florida businesses, and government leaders. Comments from the public were solicited through public forms, newsletters, committee meetings, newspaper articles, and television news broadcasts.

Six years after the Navy announced the closure of the base, in October 1999, the City Council unanimously voted to purchase the property

celebrated Baldwin from the Navy and moments later voted to sell the property to Orlando NTC Partners. The deal was that the City would pay the Navy \$1.2 million plus 75 percent of the price paid by Orlando NTC Partners. In addition, the developer was required to make a onetime payment of \$3.5

> million to a local Homeless Provider Trust Fund. The redevelopment created 200 acres of parks, 250

> acres of lakes to the public, 90 and required the demolition of 256 buildings, and the excavation of 25 miles of roads and 200 miles of underground utilities. Concrete and masonry materials were crushed on-site and recycled into a massive underground stormwater filtration system and used as road base for new public streets.

> Baldwin Park was officially established on June 5, 2001, as the City of Orlando's first development built on the principles of New Urbanism. It was named after Robert H.B. Baldwin, Undersecretary of the Navy when Orlando NTC was commissioned in 1968 and "park" was inspired the names of other Orlando legacy neighborhoods like College Park, Audubon Park, Thornton Park, and Delaney Park.

> During the celebration, the winners of the Baldwin Park banner contest were also announced.



Pictured from left: Orlando City Commissioner Robert Stuart, Community Manager Stacey Fryrear, Joint Committee President William Campbell (holding the official proclamation), former Residential Owners Association President Denny O'Neil, and Community Director Susan Comisky, along with the renderings of the winning banner contest artwork.

Renderings of their artwork were displayed. The first winner was Anastasia Vakh, one of Baldwin Park's newest young residents, who found her inspiration for her design "Lilies" while on a walk around Lake Baldwin.

The second winner was Grace Zhang whose design "Tangram" looked at the many different sides of Baldwin Park, including our parks and amazing Village Center.

Both of their designs will be featured in the banner rotations throughout the year in the Village Center.

If you haven't been lately, this month would be a great time to visit Baldwin Park's Village Center or enjoy the amenities of Blue Jacket Park or the Lake Baldwin Trail.

Happy 20th anniversary Baldwin Park! We can't wait to see the even bigger things this community will contribute to our city during the next 20 years!



Time to schedule back-to-school physicals!

Same- and Next-Day **Appointments Available***

It doesn't seem possible, but it's almost time for kids to go back to school. Whether next year will include virtual classes, homeschooling or in-person learning, don't forget to schedule back-to-school physicals. An annual school physical gives a pediatrician or family medicine provider the chance to address any concerns with your child's physical and mental health and development.

Schedule an appointment at 407-537-5516 or visit CentralFloridaBacktoSchool.com to learn more.









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Winter Park Mayor's Message Mayor Phil Anderson



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Welcome To Summer Time For Pools, Playgrounds And Parks

Each year the National Recreation and Park Association and the City of Winter Park celebrate July as Park and Recreation Month. Because of the beautiful Central Florida weather, families in Winter Park can enjoy the outdoors

year-round. Parks and recreation programs are so important to establishing and maintaining the quality of life in our city, ensuring the health of all citizens and contributing to the economic and environmental wellbeing of our community. It doesn't matter if it is June or December, we can always enjoy the outdoors- and most certainly our pools and playgrounds- especially during the warmer summer months.

Open year 'round, you can get some exercise and cool off in one of our city's pools:

Cady Way Pool 2525 Cady Way

- Individual or family seasonal passes
- Pool rentals & birthday party packages
- Public & lap swim

For more information, please call 407-599-3358.

Community Center Pool 721 W. New England Ave.

- Private, semi-private and group instruction swim lessons
- Zero-depth pool entry allows complete ADA



accessibility as well as providing a very shallow area for tiny tots to enjoy.

• Swim lanes for all levels, mid-depth flat area for water aerobics and swim classes

To register or for more information, please call 407-643-1650.

If dry land is more appealing to your young ones, here are the fun playgrounds and parks you can enjoy:

- Azalea Lane Playground 1045 Azalea Lane
- Cady Way Playground 2525 Cady Way
- Community Playground 255 S. Denning Drive
- Dinky Dock Park Ollie Avenue o Offers a fishing pier, public boat ramp, park
- benches, and picnic tables
- Howell Branch Preserve Playground
 - 1205 Howell Branch Road
- Lake Baldwin Park Playground
 - 2000 S. Lakemont Ave.

- o This park is the only park in the city known as "dog friendly" and welcomes your four-legged friends. Dogs can play and swim off leash during park hours.
- Phelps Park Playground 1200 Phelps Avenue
- Ward Park Playground 250 S. Perth Lane



Whether you are swimming, running, climbing, or simply relaxing on a park bench or picnic blanket, we hope you enjoy our parks, playgrounds, programs, and pools. The City will continue to provide places for our children and adults to connect with nature, recreate outdoors, and improve our physical, mental, and emotional health with every step, breath, and moment of free or organized play.

See cityofwinterpark.org/parks for all of the city's Summer Fun.

Sincerely, Mayor Phil Anderson

City Launches "Meet Your Departments" Video Series

Beginning in July, the City of Winter Park will launch a new video series called "Meet Your Departments." The purpose of this series is to increase awareness of the various city services each department provides, including the city advisory boards they serve, and give the public an opportunity to get to know a few more friendly faces within the City family.

"Approximately 500 hearts and pairs of hands work to make every day exceptional for the City residents, businesses, and guests. This new video series will offer a fun and personal perspective of how our city functions and the great team behind it," said Randy Knight, Winter Park's City Manager.

Each month will feature a different city department:

- July Parks & Recreation
- August Finance
- September Building & Permitting Services
- October Fire-Rescue
- November Planning & Transportation
- December Administration
- January 2022 Police
- February Information Technology
- March Water & Wastewater Utilities
- April Electric Utility
- May Public Works
- June Communications & Public Engagement

During their month, departments will present their videos to the City Commission. The videos will also be posted on the department pages of cityofwinterpark.org and shared on the city's social



Winter Park City Manager, Randy Knight

media accounts: Facebook, Twitter, Instagram, Vimeo and YouTube. In addition, members of the departments will be at various public places to interact and provide information about their departments and the services they provide.

If you would like to virtually "Meet Your Departments" via email, please sign up for citEnews and subscribe to the City News category.

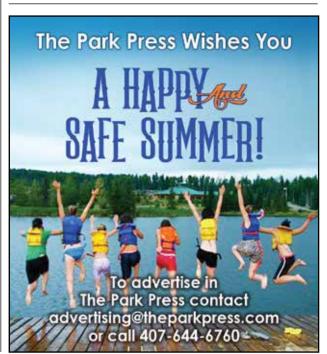
From Page 1.

Fostering is sometimes called "the hardest thing you'll never regret." But while caring for children brings unique challenges, remember that you don't have to face those challenges alone. A support network of case workers and fellow foster parents will be ready to step in and lend a hand.

Most important, never forget how powerful an impact one family can have. By opening your heart and home to youth whose lives are in crisis, you can do your part to fight the problems of homelessness, poverty and substance abuse – building stronger families and futures for Florida's children.

For more information about the different ways to help, visit www.EmbraceFamiles.org.

Christina Wilson is an incident report manager for Embrace Families.



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First Citizens Bank Opens New Winter Park Branch



First Citizens Bank has opened a new 5,000-square-foot branch at 517 West Morse Boulevard in Winter Park. It replaces a nearby Winter Park location and provides a larger and more convenient location to serve people and businesses in the market. The branch includes two drive-through lanes, a night depository, five offices and a conference room. Hours of operation are 9 a.m. to 5 p.m., Monday through Friday.

"Our new Winter Park office is an important addition to our bank that gives us the opportunity to better serve our customers at a larger facility and give them greater access to our products and services at a prominent location," said Monica Hummel, Area Executive VP of First Citizens Bank. "We've served the people and businesses of Florida for 23 years, and we look forward to building on our strong foundation for years to come."

In addition to the Winter Park location, the bank operates another local branch at 875 Currency Circle in Lake Mary and has 28 offices in Florida.

Founded in 1898 and headquartered in Raleigh, North Carolina, First Citizens Bank serves customers at more than 500 branches in 19 states. First Citizens Bank is a major subsidiary of First Citizens BancShares Inc. (Nasdaq: FCNCA), which has more than \$53 billion in assets. For more information, call toll free 1-888-FC DIRECT (1-888-323-4732) or visit first-citizens.com. First Citizens Bank. Forever First.

Celebrate Parks And Recreation Month With Winter Park

Throughout the month of July, Winter Park's Parks & Recreation Department is celebrating Park and Recreation Month with the National Recreation and Park Association (NRPA). This year's theme is "Our Park and Recreation Story," highlighting the story of how our community is stronger, more vibrant, and more resilient because of our various parks and recreation amenities.

Residents are encouraged to visit one of our city parks; play a match at the Winter Park Tennis Center; book a tee time at the Winter Park Golf Course; take a dip in the Cady Way Pool; and participate in various events planned for celebrating Park and Recreation month, such as:

- Friday, July 2 7 to 11 p.m. CRA Adult Fish Fry @ Winter Park Community Center
- Wednesday, July 7 10 a.m. to noon Bark in the Park @ Lake Baldwin Dog Park
- Saturday, July 10 8 to 11 a.m. Drive Up for the Trees @ Community Center
- Sunday, July 11 noon to 5 p.m. Free Swim Day @ Cady Way & Community Center pools
- Tuesday, July 13 7 to 9 a.m. Divots and Donuts @ Winter Park Golf Course
- Thursday, July 15 6:30 to 9 p.m.
 Neighborhood Music Jam @ Shady Park
- Sunday, July 18 Kona Ice Phelps Park - noon Ward Park - 1:30 p.m. Martin Luther King, Jr. Park - 3 p.m.

- Tuesday, July 20 9 to 10 a.m. Yoga in the Park @ Central Park
- Friday, July 23 6 to 9 p.m. Music in the Park @ Central Park Main Stage
- Saturday, July 24 8:30 p.m. Dive-In Movie @ Cady Way Pool
- Thursday, July 29 10 a.m. to noon Winter Park Rocks @ Central Park

For more information regarding Park and Recreation Month activities, please access the full calendar of events at cityofwinterpark. org/parks or call 407-599-3501. For more information regarding events please access cityofwinterpark. org/golf for the Winter Park Golf Course and cityofwinterpark.org/tennis for the Winter Park Tennis Center.



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Florida Symphony Youth Orchestras Announces Departure Of Music Director



The Florida Symphony Youth Orchestras board of directors has begun the search for a new music director following current director Hanrich Claassen's departure at the conclusion of this 64th season. Claassen, who served FSYO as music director since 2016, was an integral part of the advancement of FSYO's programs. Under his direction, Florida Symphony Youth Orchestras expanded the breadth of its musical repertoire and tested the skills of its ever-expanding student base.

About his departure, Mr. Claassen said, "It has been an honor and immense pleasure to serve and lead the FSYO as music director for the last five years. It has been my goal to continue the work all my esteemed colleagues and past music directors have done to establish us as one of the prominent youth orchestras in this country. I have worked tirelessly to nurture and promote the excellence of our students from Central Florida, as well as show the world our passion for music-making. I'm happy to have done so as far as Europe and China, as well as here at home with tours up the East Coast to Carnegie Hall in NYC and southward to Miami. My sincere thanks go out to the artistic staff Matt Davis, Sarah Morrison, Jeannine Mongeon, as well as past directors, Raine Allen and Mauricio Cespedes that helped me each step of the way. Thanks also to Jeff Rupert and Kenny Boyd that established two fantastic Jazz Orchestras as part of our student ensemble offerings."

Other notable accomplishments of FSYO under the musical direction of Maestro Claassen include a European tour in 2017, including a second-place finish in the International Summa Cum Laude competition; a tour to China in 2019; performing as the pit orchestra for Orlando Ballet's 2019 production of the Nutcracker; and countless other collaborations.

Claassen added, "FSYO expanded our vision to so many areas beyond the standard orchestra repertoire realm, which has led to wonderful community engagements and collaborations with UCF Opera, The Holocaust Center, CFL Vocal Arts, Opera Orlando Youth Company, CFL Composers Forum, Timucua Arts Foundation, and Orlando Ballet and School, to name a few. Thank you to the current and past members of the board of directors, each coordinator, administrative and operations staff member that I've had the pleasure to work with over the years. To Heide Evans and Carl Rendek and our current ED, Briana Scales for always advising, supporting, figuring-out, and helping to make my artistic dreams come true thank you. I have brought with me an outlook of global mindedness, and with that in mind, the time has come for Kent, Mathilda, and I to move back to Europe this coming Spring, this time to Amsterdam in the Netherlands. I hope to continue serving in an administrative role from afar until a Music Director Search can be completed. I know that I will always be a part of the FSYO family - this is not farewell..."



The board and staff of FSYO are deeply grateful to Maestro Claassen for his significant contributions and service throughout his career with the organization. His passion for music and relentless focus on student engagement established FSYO as a leader in the Central Florida arts community. FSYO's executive director, Briana Scales, said, "Hanrich has been a joy to work within my time with the organization. He brings such passion to all of his work and it translates to the students and their performances. He helped bring new life to an organization that needed a fresh take and set us on a path to do incredible things in the future. He will be sorely missed but I'm sure we will work together again in the future."

The board will remain actively engaged with the administration of the organization during this transition and has already taken steps in the new Music Director search. FSYO's daily operations, including its rehearsals and concert commitments, will continue as scheduled without interruption.

WPHS ROTC Cadets Honor Veterans At Miller Center

in the Easterseals Daybreak program at the Miller Center. They also held a Henry Jones. Students who participated: Zach Celentano and Asher Johnson.

Over the past few months, six ROTC cadets and two students at Winter ceremony at the center upon completion. Cadets who participated: Griffin Park High School painted a concrete patio to honor veterans who participate Seel, Vanessa Velarde, Barbara Fernandez, Ricardo Parada, Lara Santiago and



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Audition Notice For The Winter Park Playhouse



The Winter Park Playhouse, Central Florida's professional musical theatre, is accepting video audition submissions through Tuesday, July 20, 2021 for its 2022 Spring Series of musicals. Callbacks will be held in person at The Winter Park Playhouse on August 17, 2021. For the list of productions and a detailed character breakdown with vocal ranges, visit www.winterparkplayhouse.org, click on "Get involved" and "Auditions."

Video Audition requirements are:

- 16-32 bars of an up-tempo and a ballad.
- A one-minute comic monologue.
- A digital headshot and resume.

PLEASE SUBMIT YOUR AUDITION TO auditions@winterparkplayhouse. org. Videos must either be in MP4 format or accessible through a Dropbox, Google Drive, or YouTube link. If a password is required, please send that as well. If you have difficulty recording or submitting a video, please let us know.

The Winter Park Playhouse is committed to the practice of inclusive and color-conscious casting and is seeking professional Equity (O.A.T. Category 4 Contract) and professional non-equity musical theatre performers. Housing

The Playhouse is an inclusive organization and an equal opportunity employer, dedicated to a policy of non-discrimination in employment on any basis including age, race, color, religion, national origin, sexual orientation, marital status or veteran status, the presence of a non-job related handicap, genetic information, or any other legally-protected status. It is a 501(c)(3) nonprofit charitable organization and is proudly affiliated with Actors' Equity Association, the professional union of stage actors and stage managers, and the National Alliance of Musical Theatres.

AdventHealth Improves Emergency Services

AdventHealth is upgrading emergency services in Central Florida with an all-new emergency room at AdventHealth Winter Park and an expansion of the emergency room at AdventHealth Orlando.

AdventHealth Winter Park's new 27,000 square-foot ER has a new public entrance facing Mizell Ave. The new ER includes 29 all-private rooms, two trauma/bariatric rooms, a separate ambulance entrance from the public

walk-in entrance, and state-of-theart imaging and testing capabilities. It will also include pediatricfriendly rooms and a separate



pediatric waiting area to make visits more comfortable for young patients. With approximately 30,000 annual patient visits, the expansion will ensure that each and every visit is as comfortable and seamless as possible.

The entrance to the new Winter Park ER includes a second sculpture by artist JEFRË. The sculpture will serve as a symbol of hope and healing and act as a visual cue to the hospital's emergency department. The first sculpture JEFRË installed was a halo sculpture near the corner of Lakemont and Aloma avenues. The art is engraved with scripture from Jeremiah 29:11 and serves as another source of hope and healing for AdventHealth Winter Park. The upgrades in Winter Park were funded through the AdventHealth Foundation Central Florida.

The expansion of AdventHealth Orlando's emergency room includes 20 additional exam rooms. Historically, this ER sees more than 90,000 patients a year. The expanded waiting room will be able to accommodate an influx of patients at once, but still give each patient personal space. The expansion includes the addition of two new decontamination rooms that open directly to the exterior of the facility. COVID-19 patients, or others who would need to be kept separate from other patients, will be able to enter directly into the decontamination room instead of walking through the general ER where they could encounter other patients.

"We are thrilled to open the doors to these new and improved emergency rooms that will make a long-lasting impact on the communities we serve," said Jennifer Wandersleben, CEO of acute care services for AdventHealth Central Florida. "Our commitment to our patients is to provide accessible, state-of-the-art care and we are keeping that promise by enhancing our emergency care services all around Central Florida."

FLORIDA LEAGUE OF CITIES

Winter Park Officials Appointed To Florida League Of Cities Committees

Vice Mayor Carolyn Cooper and Commissioner Marty Sullivan were appointed to serve on one of the five Florida League of Cities (FLC) Legislative Policy Committees. Cooper was appointed to the Finance & Taxation Committee, and Sullivan was appointed to the Utilities, Natural Resources & Public Works Committee. Legislative Policy Committee chairs, vice chairs and members were appointed by FLC's incoming President, City of Lakeland Commissioner Phillip Walker.

As Legislative Policy Committee members, Cooper and Sullivan will help develop FLC's Legislative Action Agenda, which details priority issues that are most likely to affect daily municipal governance and local decision-making during the upcoming legislative session, as well as help League staff understand the real-world implications of proposed legislation. Committee members are also

asked to serve as advocates for local decision-making throughout the legislative process.

For a complete list of committee members, as well as more information on each committee and the

FLC's legislative policy development process, acing Florida's communities. For more informacess Legislative Policy Committees.

Founded in 1922, the Florida League of Cities is the united voice for Florida's municipal governments. Its goals are to promote local selfgovernment and serve the needs of Florida's

> cities, which are formed and governed by their citizens. The League believes in "Local Voices Making Local Choices," which focuses on the impact citizens and city leaders have in improv-

tion, access flcities.com.

Five Ways The Pandemic Could Change Education For The Better

The shift to remote learning during the pandemic caused angst for parents, but it also led to unexpected benefits that they may find hard to let go of as their children return to school.

While pandemic-era schooling has been difficult, parents have come to appreciate the unexpected benefits of distance learning, says Emily Greene (www.emilygreene.com), the author of School, Disrupted: Rediscovering the Joy of Learning in a Pandemic-Stricken World.

Some benefits are so positive, she says, that parents are reluctant to slide back into the pre-pandemic status quo of in-person schooling without making some improvements.

"The dialogue has shifted as parents and students reflect on the last year and think carefully about what they hope to carry forward to improve the school experience," Greene says.

Here are five benefits that Greene says parents hope to carry forward:

- **More free time.** Before the pandemic, many families' lives were overscheduled, Greene says. The lockdown helped families reconnect with the joys of free time, playtime, and downtime. This took the stress off children overwhelmed with homework, extracurriculars, and overly structured schedules and opened the door for natural curiosity to flourish. Scientists say free time is essential to the developing brain and is tied to curiosity, creativity, and imagination
- More time outside. During lockdowns, people suffering from cabin fever longed to leave their houses, but indoor public places were problematic. So, families connected with the outdoors in new ways, such as walking, biking, or simply eating lunch outside. "Parents do not want their children to lose their newfound levels of outdoor

activity. They understand now that one short recess per day is not enough," Greene says. One survey of 12,000 parents in 10 countries found that half of children ages 5 to 12 were outside less than an hour each day.

 Less standardization, and more **personalization.** A traditional in-person classroom follows a standardized schedule, leaving little room for independent work or passion projects. However, distance learning offered gaps in the day for children to explore their passions and interests. Many parents saw their children expressing new interests, exploring, and deepening existing hobbies, and making and building things. "Between the middle of March and the middle of April 2020, Google searches for 'How to make' doubled, as did searches for 'DIY,' "Greene says. "In a world that abruptly became more

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ORMC Level One Trauma Center Receives \$5 Million Gift

The Orlando Health Foundation recently disclosed a \$5 million donation to the Level One Trauma Center at Orlando Health Orlando Regional Medical Center (ORMC). The \$5 million gift, the largest ever to Orlando Health ORMC, is from a donor who wishes to remain anonymous. The money is for the trauma center expansion to increase surge capacity – a need recognized following the Pulse nightclub incident on June 12, 2016.

"We are amazed by the continued generosity of our community," said John Bozard, president, Orlando Health Foundation. "We count on philanthropic partners to provide the margin of excellence to better serve our patients when it matters the most. This recent gift helps us to continue our mission to serve the community during those critical times of need."

The funds will be used to purchase technology and update the functionality of the trauma bay to handle a surge of patients. The expansion design will nearly double the size of the current space. The need for space was highlighted during the 2016 incident as the first 36 patients were received in 36 minutes, quickly filling the trauma bays and patient beds within the Emergency Department.

"We are deeply appreciative of the extraordinary donation," said Mark A. Jones, president, Orlando Health ORMC. "Such a significant gift will have a tremendous impact in helping improve our ability to provide care for a rapid influx of patients within our trauma bay."

The trauma bay was originally designed almost 30 years ago to serve an estimated 1,000 patients a year. Last year, 2020, the trauma team treated more than 6,000 trauma patients.

"As the Level One Trauma Center, our team is always prepared and ready to provide care to our community and respond to critical injuries, conditions, and illnesses," said Joseph Ibrahim, MD, trauma medical direc-

tor, Orlando Health ORMC. "Being able to expand the trauma bay will pro-

vide significant surge capacity during a mass casualty incident – whether a car crash, a fire, a natural disaster, or other incident. We are grateful to the community for its ongoing support of the trauma care we provided during our response to the Pulse tragedy and every day."



In responding to the Pulse nightclub incident, Orlando Health treated nearly 50 patients. Of those, 44 were treated at the Level One Trauma Center at Orlando Health ORMC. In the first 24 hours, 28 trauma surgeries were completed with operating rooms in use simultaneously throughout the day. By early September 2016, all 35 patients who survived had been discharged from the hospital. More than 1,200 team members participated in post trauma support sessions. Since the tragedy, Orlando Health has provided nearly \$12 million in unbilled charges for Pulse victims.

The \$5 million gift is part of the Foundation's Improving Our Capacity to Care campaign to build awareness and philanthropic partnerships to support critical needs of the Level One Trauma Center.

Give Kids The World Village Dedicates Merlin's Magic Space

Sive Ki

Where Happiness Inspires Hope

Six-year-old Jaxson Butkus brought joy into the lives of everyone he met during his short life. And now, the venue named in his memory will continue to spread happiness and spark the imagination of wish children and their families from around the world.

In honor of Jaxson, the new Merlin's Magic

Space at Give Kids The World Village has been renamed Jersey Jaxson's Playroom, a nod to Jaxson's home state of New Jersey and his love for LEGO®. The announcement was made during a special dedication ceremony attended by more than 40 family members as well as represen-

tatives from LEGOLAND® Florida Resort and the Merlin's Magic Wand Foundation, who collaborated to bring the uniquely themed, ADA-accessible LEGOLAND play space to Give Kids The World – an 89-acre, whimsical nonprofit resort in Kissimmee, FL, that provides critically ill children and their families with magical weeklong wish vacations at no cost.

"Jaxson captured our hearts and we are truly grateful for the generosity of Merlin's Magic Wand Foundation and LEGOLAND for helping us honor his memory," said Give Kids The World president and CEO, Pamela Landwirth. "Jersey Jaxson's Playroom will bring joy to countless children for many years to come."

In 2015, shortly after his first birthday, Jaxson was diagnosed with atypical teratoid rhabdoid tumor (ATRT), a rare, fast-growing cancerous brain tumor. He endured brain surgery, extensive chemotherapy, and focal radiation. By August 2019, Jaxson appeared to be doing well, and looked forward to starting kindergarten. A few months

later, however, the tumor returned, leading to surgery, high-dose chemo, radiation and three rounds of stem cell transplant. In October 2020, Jaxson walked into the hospital for his final stem cell transplant. A few days later, he stopped walking; the tumor had spread to his spinal

cord. Due to swelling caused by the radiation, chemotherapy was no longer possible.

In February 2021, Jaxson and his family were welcomed to Give Kids The World Village on a rush wish with the support of the New Jersey-based Elle Foundation, a nonprofit dedicated to granting final wishes for children battling a recurrence of cancer. Jaxson and his family enjoyed a memorable week visiting local theme parks and exploring the Village. Even a mid-stay blood transfusion could not erase the infectious smile and loving spirit of the courageous young LEGO fan. While Jaxson received treatment, brothers Dominick and Joey volunteered their time brightening the lives of other wish families

by scooping ice cream in the Village's accessible ice cream parlor, Henri's Starlite Scoops.

By week's end, Jaxson was hospitalized for the last time. He passed away on February 28, 2021, surrounded by his large extended family, who traveled to Central Florida from across the country to spend Jaxson's final hours with him. The family returned to the Village this week to celebrate Jaxson's life and dedicate Give Kids The World's LEGO play space in his honor. In a tribute to Jaxson's love for wearing beanies, custom beanies were donated to all attendees by Love Your Melon, a nonprofit that provides hats to children battling cancer and raises funds for pediatric cancer research.

"We are grateful for the magical time we spent together at Give Kids The World Village," said Diana Butkus. "Thanks to the Village and the Elle Foundation, we created priceless memories as a family and took comfort knowing that Jaxson's last days were filled with joy, laughter and love. The way the Give Kids The World staff took my older boys under their wings and helped them cope during this very difficult time made an indelible impression on them; I have no words for how much that meant to all of us."

Rated Four Stars by Charity Navigator for 15 years in a row, Give Kids The World Village is located at 210 S. Bass Road in Kissimmee, FL. Since 1986, more than 176,000 critically ill children and their families from all 50 states and 76 countries have been welcomed to the Village. For more information, visit www.gktw.org.

From Page 7

virtual than we were accustomed to, children wanted to be hands-on in new ways."

• More connection with what their children are learning. With students working remotely, parents were privy to an upclose view of what their children are learning. "While at first many parents felt overwhelmed with supervising distance learning, they eventually came to value this connection," Greene says. "Now, many parents have a deeper level of engagement that they do not want to lose."

• An increased focus on balance and wellbeing. Because of the disruption the pandemic caused, Greene says, children have been "wrung through the wringer," with social, emotional, and mental impact. "Parents want balance and well being at the fore-front," she says. "That means less menial homework, less time wasted on irrelevant standardized tests, and more focus on curiosity, creativity, and joy in the classroom." For many parents, this means holding onto distance learning as an option and giving students the flexibility to attend in-person or

distance learning to support wellbeing. "Now, as children are returning to school, we don't want to be forced to choose between in-person learning or distance learning," Greene says. "Both should be options. Learning should be blended."

"When society lives through a disruption, it rarely returns to the way it was before," Greene says. "The next few years will be an inspiring time in education as parents, students, and teachers begin to apply what we've learned."

Cybersecurity awareness by Ron Frechette, The Cyber Coach

Wire Fraud On The Rise



proliferation of the internet we have seen a dramatic increase.

Seventy-six percent of all fraud attempts feature a wire transfer, according to the Financial Services Information Sharing and Analysis Center. Wire transfers are an attractive target because they are often used to move large sums of money quickly and are difficult to reverse. The real estate industry is especially vulnerable due to the size of the transactions.

Wire Fraud Defined

Wire fraud is any fraudulent activity that occurs over interstate wire communications, which includes the telephone and internet. In many cases, the fraud attempt occurs over email. If a payment request is not authenticated, it can result in a fraudulent transfer of money.

Fines And Penalties

A single act of wire fraud can result in fines of up to \$250,000 and up to 20 years in prison. However, if the wire fraud scheme affects a financial institution or is connected to a presidentially-declared disaster or emergency, the potential penalties are fines of up to \$1,000,000 and up to 30 years in prison.

Wire Fraud In Action

Wire fraud often starts by gaining access to a business executive's email account or by creating a spoof account that looks similar. Typical Scenario:

- Fraudster sends an email to the CFO from the CEO's fake account requesting a wire transfer
- CFO goes through the company's standard protocols for initiating and approving wires
- Initiates the wire and comptroller approves request
- Typically bank calls the comptroller to verify that the request is legitimate



- Comptroller may call CFO to confirm the wire is approved
- CFO checks the email and confirms the CEO does want that amount to go to that account
- Wire transfer is initiated.

How To Prevent A Wire Fraud Attack

- Double check the email address. Criminals are tricky and can create email addresses that look very close to the legitimate account. They often find naming conventions for a company and use that same formula but with two letters transposed, or for example an "m" instead of "rn," which looks correct unless you inspect closely.
- Beware a sense of urgency. Usually fraudsters will write that the funds need to be wired right away. These requests often ask that the client be contacted only through email instead of other channels.
- Do not respond to email to verify. Don't reply to the requester by email. The fraudster either controls the spoof email account or has gotten access to executive's email

account and can write back that it's legitimate when it's not.

- Call to confirm. Before the wire request goes to the bank, call the original requester to verify. Be sure to use a phone number you know or have in your contact list for the requester. If the person who sent the email works in the same building, walk to their office to confirm that they sent you the wire request. If you don't already have a policy in place for confirming wire requests, create one.
- Create a special template or code. You can use a secret code that only wire initiators/ approvers know to confirm that the wire is legitimate. But don't use the code in emails! If the criminals hacked into an email account, they now have access to that information.
- If anything is different or out of the ordinary, call. Follow your intuition—if something doesn't seem right, call the requester to confirm. The reality is once a wire transfer is initiated, the chances of recovering the funds are slim to none.

Until next month, wishing everyone a Happy 4th of July and safe travels in cyberspace!

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

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pop culture detours by George McGowan

In Diversity, There Is Strength (And Good TV And Music!)

In looking for a thread to connect the several pop cultural items that have captured my attention lately, I see that they come from artists who are quite diverse. The arts are a wonderful way to understand how others see the world and when our arts consumption includes works from people of different cultures or backgrounds, we are bound to expand our own world in some way. But enough

philosophizing, onto the recommendations.

From the world television, the enchanting "Kim's Convenience" is a wonderful change of pace from the sitcoms we regularly see on American television. It is a Canadian production based on a 2011 stage play by Ins Choi. It is primarily set in a

Toronto convenience store managed by a Korean combine it Canadian family. The show is chockful of cute vignettes and funnily highlights the cultural that differences of its characters. There are five seasons of the show available on Netflix! Fun fact: Simu Liu, who is starring in the first Marvel movie to feature an Asian lead character (which I wrote about last month), plays the Kims' son on the sitcom. Also, on Netflix, is a French production,

"Lupin," which follows the "thief with a heart of gold" title character. Starring Omar Sy, who is sure to become a big star soon, the show is standard mystery fare, but the lead actor is mesmerizing and makes the show rise above its tropes.

From music, there are several artists capturing my attention. First, two women, Amythyst Kiah and Allison Russell, who have worked together

> in the past in the folk supergroup Our Native Daughters. They each have a new solo album and both of them are terrific! They both obviously have many influences and tap into those influences to make wildly accessible music and

> > Our Native Daughters

"The last of the human freedoms:

to choose one's attitude in any given

set of circumstances, to choose

one's own way. And there were

always choices to make. Every day,

every hour, offered the opportunity

to make a decision, a decision which

determined whether you would or

would not submit to those powers

very self, your inner freedom.

which threatened to rob you of your

younger listening to it. And you just can't beat songs entitled "Donuts Mind If I Do" and "Maybe Chocolate Chips" (which seems to be about moles on a pretty face?). They are self-professed "kawaii" (Japanese for "cute") girls but with more edge and great hooks.

Sleater-Kinney have a new album and after the disappointing "The Center Won't Hold" from 2019 and the subsequent loss of outstanding drummer Janet Weiss to "creative differences" or something, I was not expecting much. But "Path of Wellness" is a return to form for the band, which is now just guitarists/vocalists Carrie Brownstein and Corin Tucker musically and lyrically bouncing off of one another while enlisting the assistance of talented friends from other bands to accompany them. Somehow, the subtraction of Weiss and choosing

> to produce the album themselves has led the band into more direct and impactful music. These two share the writing, and the album becomes a dialogue between two friends trying to figure out this crazy world. This

combination moves this album into must-listen territory. Helen Brown from The Independent puts it this way: "Imagine Killing Eve in audio form. They're still that kick-



with lyrics reveal their inner selves. Music

for the body and mind. And soul.

Next, a Japanese group named Chai who have a new album named "Wink." Chai's music is pop with a capital P. I am over 50 years old and I feel ass. That sexy. That much fun."

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

Freedom

We are officially into full swing of the 'post covid' summer. Or, at least the 'coming out of covid' summer, as it were. I don't know

when it will be fully behind us, but I do know it sure feels a whole lot better than it did at this time last year.

The ability to actually consider what we'll do for the Fourth of July, as opposed to living in containment, fear, and shell shock is a welcome way to celebrate the freedoms we may once again enjoy.

As you may have noticed, I avoid making any sweeping statements on politics or other highly subjective topics. But I do want to talk about freedom. Freedom, at least, from a psychological context.

Viktor Frankl wrote about the freedom to choose one's own way in any given set of circumstances... The last of human freedoms, he called it.

Frankl was a psychiatrist and psychotherapist imprisoned in the concentration camps. He is also the father of existential therapy (a branch with which I happen to align and from which I operate.) It seems if anyone has the right to pundit about resilience and freedom it would be him. In existential therapy there are four main tenets - at the risk of losing you completely (and for the sake of this wordcount) I will write about only this one today.

Ultimate Freedom - though it comes with a correlating powerful amount of responsibility for that freedom - is ultimately ours. Despite circumstances, choices, situations, relationships, burdens, etc... we actually have the freedom to more, FEEL however we want about any choice luxury of our freedoms.

have to" and "I should" but those aren't actually

about the absence of freedom. We have created our own bondages and our own metrics for what we ought and ought not do.

"I have to live here," "I have to work at this job," "I have to make this amount of money," "I have to stay in this relationship," "I'm upset," "I'm angry," 'It's unfair,"... all of these are choices.

This is dangerous territory, as I don't in any way intend to imply that we should recklessly abandon our morals, values, or responsibilities, or

that even emotions aren't valid when we have them... but rather that we ought to carefully and mindfully examine how we may best align with those morals/values/responsibilities and exercise our freedom in making intentional choices around and in pursuit of such. Whether it's making different functional changes or it's choosing to respond or feel differently than we do. Responsibility isn't supposed to be a burden

make almost any choice we want. And what's - it's supposed to be the balance we bear for the

You actually have the freedom to choose the We get wrapped around the axle with "I life, the job, the relationship, the feeling and the set of circumstances you most desire. It may

come with some consequence and certainly with some responsibility, but that doesn't actually impede or limit the freedom. It only balances it commensu-

So, this July, if you look around your life and see matters with which you do not feel satisfaction, what would it take to change them? How could you exercise your freedom to craft the circumstance you feel would best align with your highest and best self? What significant responsibility are you

willing to take to enjoy such freedom? Does it feel congruent and honorable and important to you? Does it align with your truth?

Take it, earn it, shift it, move it, do it. The freedom is yours.

'til the next time, Be Well; Live Meaningfully. Ayesha

Viktor Frankl

Stephen & Kristin Pategas

in the garden by Stephen and Kristin Pategas

Landscape Lingo 1.0

As landscape architects/designers we bandy words about, assuming our layperson audience is savvy to our technical jargon. While some words have become part of many people's lexicon, we were recently reminded that many words cause puzzlement. Recently during the presentation of a landscape design to a client we described a proposed tree as an "understory tree." The blank look we received told us an explanation was in order. So here is a selection of plant-related words defined.

Canopy/shade tree – These are the larger trees typically taller than 25 feet and are often seen as street trees.

Understory tree – These trees may grow in sun and/or shade. When shade loving they can nestle underneath canopy trees. They typically reach 15 to 25 feet in height and work well close to the house and in smaller planting areas.

Specimen/accent/ornamental tree – These are typically understory trees that due to their shape, foliage, or flowers are focal points that attract the eye.

Patio tree – A tree with a smaller stature and usually without messy fruit to use near seating areas.

Shrub – Look for woody stems and a variety of heights from about two feet to 15 to 20 feet when they may be considered an understory tree. You may call a shrub a bush, although typically a bush is a shrub found in the woods.

Groundcover – This plant reaches heights up to about two-feet. It may reach a certain spread, form a clump, or travel to form a mass. Some low shrubs are used as groundcovers.

Vine (aka liana) – Climbs on a fence, trellis, arbor, or pergola and may scramble up a tree to reach sunlight. Also, may be spreading to use as a groundcover. Confederate jasmine is one vine that is used on a trellis and as a groundcover.

Ornamental grass – Ornamental grasses typically have either a spreading habit or a clumping habit. They also have varying heights and leaf textures. For lower maintenance, select clumping ones so they stay in one place. If they sprout somewhere else when a seed germinates., dig it up and pot it to get a free plant.

Perennial - Perennials last for several years or longer.

Annual – Annuals typically last for less than one year. In Central Florida, depending upon the weather, you may need to replace them three or four times a year.

Turf/turfgrass – Turf is typically called sod when it is specified for installation. It becomes a lawn when it is used around buildings. Call it turf when it's used on sports fields.

Meadow – A meadow is a generic term for an open area in which a variety of grasses and wildflowers are allowed to grow tall and flower. While found in nature, they may be intentionally used to replace areas of lawn. Meadows of any size, support pollinators and other wildlife.

Now armed with additional knowledge, your garden awaits you.









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.





protection and service by Jim Whitman, Winter Park Police Department

Watson, Grab My Deerstalker!

PROTECTION AND SERVICE / SCHOOLS

In the late 1970s and early '80s there was a show originally hosted by Leonard Nimoy (of Mr. Spock fame) that would call attention to unsolved mysteries and things that seem to defy explanation, called "In Search Of." Summer is a time to catch up on needed chores but also an opportunity to educate yourself. In an effort to serve as an old school Snopes.com, we decided to debunk some of the more popular myths regarding crime prevention and the law.

Myth #1

"Thieves will never look under the front seat of my car so that is a good place to put my purse."

Wrong - Believe it or not, you are not the first person to think of this. Just like you thought of this, so has every criminal thinking about breaking into cars.

Solution - If you know you are going someplace that you don't want to carry your purse, you can either leave it at home and only carry the necessities (phone, credit card, driver's license and a little cash) or prior to leaving your residence, place your purse in the trunk or in luggage compartment of your vehicle - thus not tipping off any potential burglars of the whereabouts of your valuables.

Myth #2

"I place all of my valuables in my underwear drawer in my dresser because crooks will never dig through my unmentionables."

Wrong - See Above

Solution - Valuables are just that, valuable. Therefore you may wish to consider an investment into a safe. Mind you, a safe is not one of those lockable boxes that you purchase at your local office supply store, as those actually come with an easy-carry handle. See the problem there? "Easy carry" and "safe" should not be used in the same sentence! If your budget or space does not allow for a safe right now, you should consider a safe deposit box at a financial institution or looking around your home for a less-than-obvious place to store your valuables. Think linen closet, pantryinside a cereal box, under a bathroom sink-inside a cleaning bucket with a rag on top.

Myth #3

"I am allowed to wear ear buds in my ears while I am driving my car or truck."

Wrong - Florida State Statute 316.304 states: "No person shall operate a vehicle while wearing a headset, headphone, or other listening device, other than a hearing aid or instrument for the improvement of defective human hearing." There are a few exceptions such as headphones that are built into motorcycle helmets, any person using a headset in conjunction with a cellular telephone that only provides sound through one ear and allows surrounding sounds to be heard with the other ear, and any law enforcement officer equipped with any communication device necessary in performing his or her assigned duties or to any emergency vehicle operator equipped with any ear protection device.

Solution - Use that thing in the middle of your dash that the factory installed. If you don't care for traditional terrestrial radio, purchase a Bluetooth receiver that will work with your factory-installed radio. Or better yet, just listen to the calming sounds of Central Florida traffic all around you.



Myth #4

"Robbery and Burglary are interchangeable and are the same crime."

Wrong - By definition, robbery is a crime against a person, meaning that an action (such as being held up at gun point) is taken towards a person. Burglary means entering or remaining in a dwelling, a structure, or a conveyance with the intent to commit an offense therein, unless the premises are at the time open to the public or the defendant is licensed or invited to enter or remain.

Solution - Typically, when someone gets home from work to find that their residence has been "broken into" they exclaim," I've been robbed!" When in fact they should exclaim, "I've been burgled and a theft has occurred." We know, "I've been robbed!" sounds much more impactful.

Now that we have debunked a few myths and urban legends, it is time to go head out to Dog Island in the middle of Lake Maitland in search of a Yeti and maybe on our way out we will encounter the rare freshwater man-eating shark. Stay Safe!!

schools



I hope each of you are having a safe and restful summer. This year, with all the experiences we had, there were still many highlights. I would like to share a couple of them with you. We closed the year by celebrating Mr. Brian Sullivan, our band director, former Glenridge Middle School student, and lifelong educator's retirement. After 40 years as a music educator, Mr. Sullivan is now entering the next leg of his journey of life. I would like to wish him and his family all the best in this journey together.

Also, thanks to the support of our PTSA, we were able to create a Performance/Fine Artsfocused area on campus. What is known as our "echo hallway" has been transformed into an area highlighting our performing and fine arts programs. Under the leadership of Ms. Angela Lunsford, our art teacher, our students created murals highlighting each of our performing arts and our PTSA provided banners noting the years our band, chorus, orchestra, theater, and art programs excelled at both county and state performances and competitions.

As we prepare for the safe return for our students in August, I encourage you to visit ocps. net for important information and updates on our return to school. Also, should you have any questions we can assist with, please feel free to contact the school. I look forward to a great year ahead. May each of you continue to have a safe and restful summer. Take care and stay well.



Summer camp is in full swing at Winter Park Presbyterian Preschool. In June we explored under the sea, made joyous music, and had so much fun digging dinosaurs. Water days on Tuesday and Friday were the best! Our campers' favorite water day activity is driving plasma cars through our Kid Wash.



July is another busy month of camp as the children will enjoy nature activities, learn about the different animals on our planet, and blast off to outer space.

Summer will be over before you know it, and we will host our annual Meet Your Teacher event on Monday, August 9. The first day of the brand new school year is Tuesday, August 10.



Pictured at left, students from Winter Park Presbyterian Preschool: Cruising through the "Kid Wash" at summer camp. Above: Campers of all ages love splash days. Below: Painting a shaving cream masterpiece.

